German Baking Today

The Original
Foreword

German Baking Today, the standard baking book for every household, is ideal for both beginners and experienced cooks.

Having been extensively revised, this new edition now includes many new recipes, as well as the more classic cakes and pastries.

In addition to popular, well-known recipes such as apple strudel, marble cake, Black Forest gâteau and Berliners, there are new recipes for muffins with chocolate chips, Maulwurftorte ("mole cake"), buttermilk slices with cherries and Mohnstriezel.

All the recipes have been thoroughly tested and baked in Dr. Oetker’s test kitchen.

We wish you every success with your baking and hope you will enjoy the cakes, torte, pastries and biscuits as well as the bread and bread rolls. Bon appétit!
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General information about this book

Read through the recipe carefully before you start cooking, or even better before buying the ingredients. The various stages of the recipe and the method will often appear much clearer if you have read it through first.

Please look at the indications of quantities and spoon measurements on the inside covers of the book because they will be very useful when following a recipe.

Preparation time:
Preparation time refers to the time it takes to carry out the actual work. The preparation time does not include cooling down, marinating or soaking and waiting times during which no other activity takes place. Baking time is indicated separately. The preparation time is an approximate indication.

Baking time and baking temperature:
The baking temperatures and baking times indicated in the recipes are approximate values which can be reduced or increased depending on the individual heating performance of the oven. Be careful to follow the manufacturer’s instructions when using the oven and check whether it is done towards the end of the baking time indicated in the recipe.

Nutritional values:
The nutritional values indicated in the recipes are only valid for the amounts indicated. But they are not sufficient in the context of a diet plan.

Advice:
At the beginning of each section you will find a general guide including general information on the type of baking covered in the section, helpful tips, detailed descriptions of how to make dough as well as a basic recipe. In addition, you will also find a general guide at the end of the book dealing with subjects such as baking ingredients, flour, fats, mixers and blenders, ovens and baking temperatures, baking tins and utensils, garnishing and decorating, baking tips, problems, gelatine and technical terms.
Cake mixture

Cake mixture is made with fat, sugar, eggs, plain (all-purpose) flour and baking powder. The ingredients are added in that order. Cake mixture has a light, crumbly texture which can be endlessly varied by the addition of ingredients such as flavourings, cocoa powder, starches, pieces of chocolate, raisins and so on.

Preheating the oven
Preheat the oven at the top and bottom. Even fan or gas ovens must be preheated if the baking time is 30 minutes or less. If the baking time exceeds 30 minutes, fan and gas ovens do not need to be preheated.

Preparing the baking tin
Coat the baking tin generously and evenly with soft margarine or butter using a brush. Do not use oil because this would run down the edge of the tin.
If using a springform tin, grease only the bottom so that the pastry stays close to the side of the tin and does not “slide down”. To make it easier to remove cake from a rectangular tin or fluted mould, sprinkle some flour, breadcrumbs, ground hazelnuts or ground almonds over the tin after greasing it and distribute them around it by shaking and tapping it.
Alternatively, grease a rectangular tin and line it with baking parchment. This will make it easier to remove the cake from the tin.
Prepare the baking parchment as follows. Draw round the bottom of the tin on the baking parchment, then tip the tin up on each side in turn, drawing the shape of the sides. Cut out the corners and fold along the lines outlining the bottom of the tin.

Use softened margarine or butter
It is important to use softened margarine or butter that is neither runny nor too firm. Runny butter or margarine will not make a smooth dough, but if too hard it must be softened first. This is why it is important to take the butter or margarine out of the refrigerator in good time.
Use a hand mixer with whisk set to the highest setting spreadable butter or margarine even softer.

Adding the sugar
Mix together the sugar and vanilla sugar (or 2–3 drops natural vanilla essence in 1–2 tablespoons sugar) and add little by little to the softened butter or margarine. Stir until it forms a smooth, homogenous mixture. Caster sugar is preferable to granulated sugar because it dissolves more easily. If using honey, add it a little at a time as well.

Adding the flavouring
When adding liquid essences, let the drops run along the tooth of a fork, because this will make it easier to measure out the required amount.

Adding the eggs
Crack each egg into a cup in order to check its freshness. Do not add all the eggs to the butter or margarine and sugar mixture at the same time because this makes it difficult to obtain a smooth mixture. Add each egg separately with the mixer on the highest setting and work in for ½ minute before adding the next one. If the eggs are too cold they may cause the butter or margarine to curdle and make the pastry gritty. However, this should not affect the successful outcome of the pastry.

Mixing and sifting the plain (all-purpose) flour and baking powder
If cornflour (cornstarch) or cocoa powder are among the ingredients, they should be mixed with the flour (with some exceptions, such as marble cake). Sifting the flour will aerate it and distribute the baking powder (and/or cornflour or cocoa powder) evenly in the flour. This will make the pastry lighter.
Wholemeal flour and baking powder should only be mixed, not sifted together, because the coarser texture of the wholemeal flour makes sifting impossible.
Stirring the flour at the medium setting
Stir the liquid (usually milk) into the flour in two stages, with the mixer at the medium setting. Add only enough liquid so that the dough to drops off the spoon with difficulty. This means that the dough has the right consistency. If too much liquid is added, the cake or pastry will be left with streaks of sodden dough. Also, if the dough is too soft, heavier ingredients such as raisins will sink to the bottom. However, this does not apply to cake mixtures that contain a lot of fat and eggs and little or no liquid. These can be softer because the raw eggs will set when heated during the baking process.
Baking powder should not come into direct contact with liquid because this would activate its rising properties prematurely.
As soon as the milk has been added to the flour, stir it only briefly; otherwise the pastry or cake may have an irregular texture (i.e. air holes).

Depending on the recipe, add the fruit to the cake mixture last
Drain the tinned fruit thoroughly and, if necessary, place on kitchen paper to remove as much moisture as possible in order to prevent the dough or cake mixture from becoming too wet. Stir the fruit or other solid ingredients into the mixture using a dough scraper or mixer at the medium setting. If the mixture is stirred for too long at this stage, the fruit will be damaged and turn the mixture an unsightly colour. Cherries and other fruit can be prevented from sinking to the bottom by coating them lightly in plain (all-purpose) flour before stirring them into the mixture.

Putting the cake mixture in the tin or mould
It is best to use a dough scraper to put the cake mixture in the prepared tin and smooth the surface flat. The tin should be two-thirds filled with the cake mixture.

Baking the cake mixture
Cake mixture must be baked immediately after it has been made, following the instructions in the recipe. Put the tin on a shelf in the oven.
At the end of the baking time indicated in the recipe, check that the cake has been baked long enough. To do so, stick a wooden cocktail stick into the thickest part of the cake. If the stick comes out dry with no cake mixture attached to it, the cake is ready. After taking it out of the oven, put the tin on a wire rack for 10 minutes, then remove the cake from the tin and leave to cool down. Remove fruit flan base from the flan tin immediately.

Storing
When the cake has cooled, wrap it in aluminium foil and it will keep for several days. Cake may also be frozen and allowed to defrost at room temperature. Do not unwrap before defrosting.
1 | Basic recipe for 1 rectangular cake

For a rectangular tin (25 x 11 cm/10 x 4\(\frac{1}{2}\) in):

some fat
plain (all-purpose) flour

For the cake mixture:
250 g/9 oz (1\(\frac{1}{4}\) cups) soft margarine or butter
150 g/5 oz (\(\frac{3}{4}\) cup) sugar
1 sachet vanilla sugar or 2–3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt
4 medium eggs
300 g/10 oz (3 cups) plain (all-purpose) flour
4 level teaspoons baking powder
4 teaspoons milk

1. Preheat the oven at the top and bottom. Grease the tin and then dust with flour.

2. Stir the soft margarine or butter in a mixing bowl using a hand mixer with whisk to obtain a smooth, homogenous consistency. Add the sugar, vanilla sugar and salt gradually, stirring continuously until the mixture has thickened. Add each egg separately and whisk at the highest setting for about \(\frac{1}{2}\) minute each time.

3. Mix together the flour and baking powder, sift and add to the margarine or butter in two stages, alternating with the milk, using the mixer at a medium setting.

4. Transfer the cake mixture to the greased, floured tin and smooth out. Put the tin on a shelf in the oven. After 15 minutes in the oven, cut the cake in half lengthways to a depth of 1 cm\(\frac{3}{8}\) in using a sharp knife.

   Top/bottom heat: about 180 °C/350 °F (preheated),
   Fan oven: about 160 °C/325 °F (not preheated), Gas mark 4 (not preheated),
   Baking time: about 60 minutes.

5. Take the cake out of the oven, leave in the tin for 10 minutes, then remove from the tin and leave to cool on a wire rack.
2 | Basic recipe for 1 round cake

For a deep flan tin (diameter 28 or 30 cm/11 or 12 in):

some fat

For the cake mixture:
125 g/4\frac{1}{2} oz (\frac{5}{8} cup) soft margarine or butter
100 g/3\frac{1}{2} oz (\frac{1}{2} cup) sugar
1 sachet vanilla sugar or 2–3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt
2 medium eggs
175 g/7\frac{1}{2} oz (2 cups) plain (all-purpose) flour
1 level teaspoon baking powder
2 teaspoons milk

1. Preheat the oven and grease the tin.

2. To make the cake mixture, stir the softened margarine or butter with a hand mixer with whisk until it becomes smooth and homogenous. Gradually add the sugar, vanilla sugar and salt, and stir until the mixture thickens. Add 1 egg at a time, whisking each one for about \frac{1}{2} minute at the highest setting.

3. Mix together the baking powder and flour, sift and add to the margarine or butter in two stages, alternating with the milk, with the mixer at the medium setting.

4. Transfer the cake mixture to the prepared tin and smooth out. Place the tin on a shelf in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 20 minutes.

5. After removing the flan base from the oven, turn it out of the tin onto a rack covered with baking parchment and leave to cool.

Tip: Cover the flan base with a topping, for instance of 500 g/18 oz fruit in season, such as strawberries, red currants or peaches. To make arrowroot glaze, take 250 ml/8 fl oz (1 cup) water or fruit juice. Blend 2 teaspoons arrowroot with a little of the liquid, then stir in the rest of the liquid. Bring to the boil and simmer for \frac{1}{2}–1 minute until it is clear. When cool, pour it over the fruit using a tablespoon. Leave the glaze to set before serving.
3 | Fruit cake

Popular (about 20 pieces)

Preparation time: about 30 minutes
Baking time: about 80 minutes

For a rectangular tin (35 x 11 cm/14 x 4½ in) or a gugelhupf mould (diameter 24 cm/9½ in):

some fat
plain (all-purpose) flour

For the cake mixture:
50 g/2 oz candied lemon peel
50 g/2 oz candied cherries
300 g/10 oz (1⅛ cups) soft margarine or butter
250 g/9 oz (1⅛ cups) sugar
1 sachet vanilla sugar or 2–3 drops vanilla essence in 1 tablespoon sugar
2–3 drops lemon essence or 5–6 drops rum essence
1 pinch salt
5 medium eggs
500 g/18 oz (5 cups) plain (all-purpose) flour
4 level teaspoons baking powder
1–2 tablespoons milk 250 g/9 oz raisins

Per piece:
P: 2 g, F: 14 g, C: 25 g, kJ: 1005, kcal: 240

1. Preheat the oven at the top and bottom. Grease and flour the rectangular or fluted tin. Chop the candied lemon peel and candied cherries into small pieces to add to the cake mixture.

2. To make the cake mixture, stir the softened margarine or butter with a hand mixer with whisk until it becomes smooth and homogenous. Gradually add the sugar, vanilla sugar, lemon or rum essence and salt, and stir until the mixture thickens. Add 1 egg at a time, whisking each one for about ½ minute at the highest setting.

3. Mix together the baking powder and flour, sift and add to the margarine or butter in 2 stages, alternating with the milk, stirring briefly with the mixer at medium setting. Now add the raisins, candied lemon peel and cherries and stir with the mixer at medium setting. Spoon the cake mixture into the tin, smooth out and put on a shelf in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (not preheated), Gas mark 4 (not preheated),
Baking time: about 80 minutes.

4. After taking out of the oven, leave the cake in the tin for about 10 minutes, then remove from the tin and leave to cool on a rack.
4 | Bergische Waffeln (Bergisch waffles)

Quick (8–10 pieces)

Preparation and baking time: about 60 minutes

For the waffle iron:

some cooking oil

For the waffle mixture:
125 g/4 1/2 oz (5/8 cup) soft margarine or butter
75 g/3 oz (1 1/3 cup) sugar
2–3 drops vanilla essence in 1 tablespoon sugar
2 medium eggs
250 g/9 oz (2 1/2 cups) plain (all-purpose) flour
1/2 level teaspoon baking powder
about 180 ml/6 oz buttermilk
4 teaspoons runny honey

some icing (confectioner’s) sugar

Per piece:
P: 5 g, F: 13 g, C: 30 g, kJ: 1095, kcal: 262

1. Preheat the waffle iron to the maximum setting.

2. To make the waffle mixture, stir the softened margarine or butter with a hand mixer with whisk until it becomes smooth and homogenous. Gradually add the sugar, vanilla sugar and salt and stir until the mixture thickens. Add 1 egg at a time, whisking each one for about 1/2 minute at the highest setting.

3. Mix together the baking powder and flour, sift and stir into the margarine or butter in two stages, alternating with the buttermilk, using the mixer at the medium setting. Finally stir in the honey.

4. Reduce the temperature of the waffle iron to medium and grease using a baking brush. Spoon the mixture onto the waffle iron in portions that are not too large. Bake until golden brown and leave to cool down (not stacked) on a rack. Dust the waffles with icing sugar.

Tip: Serve Bergisch waffles with sour cherries, rice pudding and cream.
### Crème fraîche waffles

**Easy (8–10 pieces)**

**Preparation and baking time: about 60 minutes**

#### For the waffle iron:

- some cooking oil

**For the waffle mixture:**

- 300 g/10 oz crème fraîche,
- 100 g/3 1/2 oz (1/2 cup) sugar
- 2–3 drops vanilla essence in 1 tablespoon sugar
- grated zest of 1/2 untreated lemon
- 3 medium eggs
- 250 g/9 oz (2 1/4 cups) plain (all-purpose) flour
- 1 level teaspoon baking powder

**Per piece:**

P: 6 g, F: 13 g, C: 32 g, kJ: 1119, kcal: 269

1. Preheat the waffle iron, at the highest setting.

2. To make the waffle mixture, whisk the crème fraîche briefly in a mixing bowl, using a hand mixer with whisk. Gradually add the sugar, vanilla sugar and grated lemon zest and stir until the mixture thickens. Add 1 egg at a time, whisking each one for about 1/2 minute at the highest setting.

3. Briefly mix together the flour and baking powder, sift and stir into the crème fraîche mixture in 2 stages, using the mixer at the medium setting.

4. Lower the waffle iron setting to medium and grease the waffle moulds. Spoon the mixture into the moulds in portions that are not too large and cook the waffles until golden brown. Leave to cool on a rack but do not stack them.
6 | Waffles with whipped cream (Hard waffles)

For guests (8–10 pieces)

Preparation and baking time: about 60 minutes

For the waffle mixture:
whites of 4 medium eggs
250 g/9 oz (1⅛ cups) soft margarine or butter
100 g/3¼ oz (⅛ cup) sugar
2–3 drops vanilla essence in 1 tablespoon sugar
yolks of 4 medium eggs
175 g/7 oz (2 cups) plain (all-purpose) flour
75 g/3 oz (⅘ cup) cornflour (cornstarch)
2 level teaspoons baking powder
200 ml/7 fl oz (⅞ cup) whipping cream
some icing (confectioner’s) sugar

Per piece:
P: 4 g, F: 33 g, C: 20 g, kJ: 1630, kcal: 389

1. Preheat the waffle iron, at the highest setting. To make the waffle mixture, beat the egg whites until they are stiff enough for the mixture to hold its shape. Stir the softened margarine or butter in a mixing bowl using a hand mixer with whisk until it becomes smooth and homogenous. Gradually add the sugar and vanilla sugar and stir until the mixture thickens. Whisk in 1 egg yolk at a time using the mixer at the highest setting.

2. Mix together the flour and baking powder, sift and stir briefly into the margarine or butter mixture in 2 stages, alternating with the whipping cream. Finally, fold in the stiffly beaten egg whites.

3. Lower the temperature to medium and grease the moulds using a baking brush. Spoon the waffle mixture onto the waffle iron in portions that are not too large. Cook the waffles until golden brown and put them on a rack to cool down (without stacking them). Dust with icing sugar before serving.
Eiserkuchen

Classic (about 25 pieces)

Preparation and baking time: about 60 minutes

For the waffle iron:

some cooking oil

For the waffle mixture:
125 g/4½ oz (3/8 cup) butter, 250 g/9 oz (1 1/8 cups) sugar
2–3 drops vanilla essence
in 1 tablespoon sugar
2 medium eggs
250 g/9 oz (2 1/2 cups) plain (all-purpose) flour
500 ml/17 fl oz (2 1/4 cups) milk

Per piece:
P: 2 g, F: 5 g, C: 18 g, kJ: 556, kcal: 133

1. To make the mixture, melt the butter in a pan. Then transfer the melted butter to a mixing bowl and put in a cool place to set. Heat the wafer waffle iron, to the highest setting.

2. Add the sugar and vanilla sugar to the slightly set butter. Using a hand mixer with whisk, whisk until the sugar and butter mixture becomes white and foamy. Add 1 egg at a time, whisking each one for about 1/2 minute at the highest setting. Sift the flour and stir into the egg and butter mixture in 2 stages, alternating with the milk, using the mixer at the medium setting.

3. Lower the temperature to medium and grease the waffle iron. Spoon the cake mixture onto the iron in portions that are not too large and cook until golden brown. Quickly remove the thin "leaves" from the iron and roll into small tubes or cornets, using the handle of a wooden spoon.

Tip: Store the eiserkuchen in an airtight tin. Use a special waffle iron to make very thin waffles.
8 | Amerikaner

For children (12 Pieces/2 baking sheets)

Preparation time: about 30 minutes, excluding cooling time
Baking time: about 20 minutes

For the baking sheet:

baking parchment

For the mixture:
75 g/3 oz (\(\frac{3}{8}\) cup) soft margarine or butter
100 g/3\(\frac{1}{2}\) oz (\(\frac{1}{2}\) cup) sugar
2–3 drops vanilla essence in 1 tablespoon sugar
5 drops vanilla essence
1 pinch salt
2 medium eggs
250 g/9 oz (2\(\frac{1}{2}\) cups) plain (all-purpose) flour
3 level teaspoons baking powder
100 ml/3\(\frac{1}{2}\) fl oz (\(\frac{1}{2}\) cup) milk

For the coating:
about 4 teaspoons milk

For the icing:
200 g/7 oz (1\(\frac{1}{2}\) cups) icing (confectioner’s) sugar
about 2 tablespoons lemon juice or water
150 g/5 oz plain chocolate
2 teaspoons cooking oil
chopped blanched almonds
chopped pistachios
sugar crystals
desiccated coconut

Per piece:
P: 5 g, F: 12 g, C: 47 g, kJ: 1309, kcal: 312

1. Preheat the oven. Line the baking sheet with baking parchment and cut out a second piece of the same size.

2. To make the cake mixture, stir the softened margarine or butter with a hand mixer with whisk until it becomes smooth and homogenous. Gradually add the sugar, vanilla sugar, vanilla essence and salt and stir until the mixture thickens. Add 1 egg at a time, whisking each one for about \(\frac{1}{2}\) minute at the highest setting.

3. Mix together the flour and baking powder, sift and add to the margarine or butter mixture in 2 stages, alternating with the milk, stirring briefly with the mixer at the medium setting. Spoon half the mixture in 6 small heaps, not too close to each other, onto the baking sheet, using 2 tablespoons. Then shape using a moistened knife. Put the first baking sheet in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 20 minutes.

4. After about 15 minutes in the oven, brush the top of the pastries with milk. With the rest of the dough make 6 more heaps on the second piece of baking parchment. Slide the baking parchment with the baked Amerikaners onto a rack and leave to cool. Then slide the second batch of Amerikaners onto the baking sheet and bake in the same way as the first batch.

5. For the icing, sift the icing sugar and mix with lemon juice or water to make a thick mixture. Coarsely chop the chocolate and melt together with the vegetable oil in a bain-marie over low heat. Coat the underside of the Amerikaners with the icing. Sprinkle with almonds, pistachio nuts, sugar crystals and desiccated coconut.
9 | Baumkuchen (Layered cake)

Takes a little while (about 20 Pieces)

Preparation and baking time: about 80 minutes, excluding cooling time

For a rectangular tin (30 x 11 cm/12 x 4½ in):

some fat baking parchment

For the cake mixture:
whites of 4 medium eggs
250 g/9 oz (1 ¼ cups) soft margarine or butter
250 g/9 oz (1 ⅛ cups) sugar
1 sachet vanilla sugar or 2–3 drops natural vanilla essence in 1–2 tablespoons sugar
1 pinch salt
2 medium eggs
yolks of 4 medium eggs
4 tablespoons rum
150 g/6 oz (1 ½ cups) plain (all-purpose) flour
100 g/4 oz (⅓ cup) cornflour (cornstarch)
3 level teaspoons baking powder

For the chocolate coating:
200 g/7 oz plain chocolate
4 teaspoons cooking oil

Per piece:
P: 4 g, F: 17 g, C: 27 g, kJ: 1177, kcal: 281

1. Preheat the oven grill. Grease the rectangular tin and line the bottom with baking parchment.

2. To make the cake mixture, beat the egg whites until stiff. Stir the softened margarine or butter with a hand mixer with whisk until it becomes smooth and homogenous. Gradually add the sugar, vanilla sugar and salt, and stir until the mixture thickens. Add 1 egg at a time, whisking each one for about ½ minute at the highest setting. Then stir in the yolks and the rum.

3. Mix together the flour, cornflour and baking powder, sift and stir into the butter and egg mixture in two stages with the mixer set at the medium setting. Then carefully fold in the beaten egg whites using a flexible spatula or wooden spoon.

4. Using a brush, spread a heaped tablespoon of cake mixture on the bottom of the greased tin. Put the tin on a shelf in the oven (the distance between the grill and the layer of cake mixture at the bottom of the tin should be about 20 cm/8 in). Grill for about 2 minutes under the preheated grill until golden brown.

5. Take the tin out of the oven and spread another layer (1–2 tablespoons of cake mixture) on top of the already baked layer. Put the tin under the grill again and continue in this way until all the cake mixture is used up. This means that the shelf on which the tin is placed will have to moved downwards to maintain a distance of 20 cm/8 in between the grill and the layer of cake mixture.

6. Carefully loosen the cake from the tin with a knife, remove from the tin and put on a rack. Remove the baking parchment and leave to cool.
7. To make the chocolate coating, finely chop the chocolate and melt with the oil in a bain-marie over low heat, stirring continuously. Then coat the cooled-down cake with the melted chocolate mixture.

**Tip:** To beat the egg whites very stiff, it is important that the bowl and whisk be completely fat-free and that the egg whites do not contain any trace of egg yolk.

**Variation:** To make Grillstangen, put a baking frame (25 x 25 cm/10 x 10 in) on a baking sheet lined with baking parchment. Use 1 1/2 times the quantities given in the recipe above. Make the cake in layers as described above but with 3 tablespoons of cake mixture per layer. The cake mixture can then be spread with a wide baking brush or cake slice. After baking, the baking frame can be loosened using a knife and removed. Remove the layered cake with the baking parchment from the baking sheet and place on a rack to cool down. Then cut the cake into six sticks 4 cm/1 1/2 in wide. Melt 300 g/10 oz plain chocolate with 2 tablespoons oil as described in the recipe above and coat the sticks with the melted chocolate. Wrap the sticks in aluminium foil so that they remain fresh, or freeze them.
10 | Red wine cake

Easy (about 20 pieces)

**Preparation time:** about 20 minutes  
**Baking time:** 70–75 minutes

For a rectangular tin (30 x 11 cm/12 x 4 ½ in):

- some fat  
- plain (all-purpose) flour

For the cake mixture:

- 250 g/9 oz (1 ¼ cups) soft margarine or butter  
- 125 g/4 ½ oz (½ cup) sugar  
- 2–3 drops vanilla essence in 1 tablespoon sugar  
- 1 pinch salt  
- 4 medium eggs  
- 4 tablespoons rum  
- 250 g/9 oz (2 ½ cups) plain (all-purpose) flour  
- 3 level teaspoons cocoa powder  
- 1–2 level teaspoons ground cinnamon  
- 3 level teaspoons baking powder  
- 150 g/5 oz grated chocolate  
- 100 g/3 ½ oz (¼ cup) chopped blanched almonds  
- 125 ml/4 oz (½ cup) red wine

**Per piece:**  
P: 5 g, F: 17 g, C: 20 g, kJ: 1074, kcal: 256

1. Preheat the oven at the top and bottom. Grease the tin and dust with flour.

2. To make the cake mixture, stir the softened butter or margarine with a hand mixer with whisk until it becomes smooth and homogenous. Gradually add the sugar, vanilla sugar and salt and stir until the mixture thickens.

3. Add 1 egg at a time, whisking each one for about ½ minute at the highest setting. Then stir in the rum. Mix together the flour, cocoa powder, cinnamon and baking powder, sift and add to the butter and sugar mixture, alternating with the grated chocolate, almonds and red wine, whisking briefly with the mixer set at the medium setting. Put the cake mixture in the greased, floured tin and put the tin on a shelf in the oven.

**Top/bottom heat:** about 180 °C/350 °F (preheated),  
**Fan oven:** about 160 °C/325 °F (not preheated), **Gas mark 4 (not preheated),**  
**Baking time:** about 70-75 minutes.

4. Leave the cake in the tin for 10 minutes after taking out of the oven, then remove from the tin and put on a rack to cool down.

**Tip:** Instead of rum, 5–6 drops rum essence can be used.
11 | Frankfurter Kranz

Preparation time: about 60 minutes, excluding cooling time
Baking time: about 40 minutes

For a gugelhupf or ring mould (diameter 22 cm/8½ in):

some fat
aluminium foil

For the cake mixture:
100 g/3½ oz (¾ cup) soft margarine or butter
150 g/5 oz (¾ cup) sugar
2–3 drops vanilla essence in 1 tablespoon sugar
4 drops lemon essence
1 pinch salt
3 medium eggs
150 g/5 oz (1¾ cups) plain (all-purpose) flour
50 g/2 oz (½ cup) cornflour (cornstarch)
2 level teaspoons baking powder

For the praline:
10 g/1½ oz (2 teaspoons) butter
60 g/2 oz (¼ cup) sugar
125 g/4½ oz chopped blanched almonds

For the butter cream:
40 g/1½ oz (4½ tablespoons) custard powder, vanilla flavour
100 g/3½ oz (½ cup) sugar
500 ml/17 fl oz (2½ cups) milk
250 g/9 oz soft butter

Per piece:
P: 5 g, F: 25 g, C: 33 g, kJ: 1593, kcal: 380

1. Preheat the oven top and bottom. Grease the ring mould.

2. To make the cake mixture, stir the softened margarine or butter with a hand mixer with whisk until it becomes smooth and homogenous. Gradually add the sugar, vanilla sugar, flavouring and salt, and stir until the mixture thickens. Add 1 egg at a time, whisking each one for about ½ minute at the highest setting.

3. Mix together the flour and baking powder, sift and stir briefly into the butter and egg mixture in 2 stages, using the mixer at the medium setting. Spoon the cake mixture into the ring mould, smooth out the surface and put on a shelf in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (not preheated), Gas mark 4 (not preheated),
Baking time: about 40 minutes.
4. Leave the cake in the mould for 10 minutes after taking it out of the oven, then remove from the tin and leave to cool.

5. To make the praline, stir together the butter, sugar and almonds over low heat until the mixture turns brown, pour onto a piece of aluminium foil and leave to cool.

6. To make the butter cream, make the custard following the instructions on the tin but with 100 g/3 1/2 oz (1/2 cup) sugar and milk. Let the custard cool (do not refrigerate), stirring occasionally. Whisk the softened butter with a hand mixer with whisk until smooth and homogeneous and stir into the cooled custard a spoonful at a time, making sure that the butter and custard are both at room temperature, or else it may curdle.

7. Whisk the jelly until it is smooth or rub the jam through a sieve. Cut the ring cake horizontally twice to make three layers and spread the jam or jelly on the bottom layer. Spread half the butter cream on the 2 lower layers, then put the top layer in place, thus reassembling the ring cake.

8. Now coat the ring cake with the remaining butter cream (reserving 1–2 tablespoons) and sprinkle the praline all over the cake. Put the reserved butter cream in a piping bag with a star-shaped nozzle and decorate the cake. Finally, garnish with candied cherries. Refrigerate for about 2 hours.
12 | Marble cake

Classic (about 20 pieces)

Preparation time: about 30 minutes
Baking time: about 60 minutes

For a gugelhupf mould (diameter 24 cm/9 1/2 in):

some fat

For the cake mixture:
300 g/10 oz (1 3/8 cups) soft margarine or butter
275 g/10 oz (1 1/4 cups) sugar
2–3 drops vanilla essence in 1 tablespoon sugar
5–6 drops rum essence
1 pinch salt
5 medium eggs
375 g/13 oz (3 3/4 cups) plain (all purpose) flour
4 level teaspoons baking powder
about 2 tablespoons milk
20 g/3/4 oz (2 tablespoons) cocoa powder
20 g/3/4 oz (2 tablespoons) sugar
1–2 tablespoons milk

For dusting:
some icing (confectioner’s) sugar

Per piece:
P: 4 g, F: 15 g, C: 30 g, kJ: 1135, kcal: 271

1. Preheat the oven at the top and bottom. Grease the mould.

2. To make the cake mixture, stir the softened fat with a hand mixer with whisk until it becomes smooth and homogenous. Gradually add the sugar, vanilla sugar, rum flavouring and salt, and stir until the mixture thickens. Add 1 egg at a time, whisking each one for about 1/2 minute at the highest setting.

3. Mix together the flour and baking powder, sift and add to the fat and egg mixture in 2 stages, alternating with the milk, stirring briefly with a mixer set at the medium setting.

4. Spoon two-thirds of the cake mixture into the greased gugelhupf. Sift the cocoa powder and add to the rest of the cake mixture together with the milk and sugar. Spoon the dark-coloured cake mixture on top of the light-coloured cake mixture and drag a fork through the two layers in a spiral movement to create a marbled pattern. Put the gugelhupf on a shelf in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (not preheated), Gas mark 4 (not preheated),
Baking time: about 60 minutes.

5. Leave the cake in the tin for 10 minutes after taking it out of the oven, then remove from the tin and leave on a rack to cool. Finally, dust with icing sugar.
**Variation:** Make the cake as shown in the illustration on the cover, using a well-greased rectangular tin (35 x 11 cm/14 x 4½ in). After about 15 minutes in the oven, make a cut about 1 cm/3⁄8 in deep in the middle along the length of the cake to ensure a neat crack in the centre and continue baking. Glaze with apricot jam after the cake has cooled down. Make the apricot glaze by rubbing 4 tablespoons apricot jam through a sieve and bringing the result to the boil with 1 tablespoon of water in a small pan. Use a brush to apply the glaze.
13 | Fancy apple cake

Good for preparing in advance (about 12 pieces)

Preparation time: about 30 minutes
Baking time: about 45 minutes

For a springform tin (diameter 28 cm/11 in):

some fat

For the topping:
25 g/1 oz (2 tablespoons) butter
750 g/11⁄2 lb apples, e.g. Elstar or Cox

For the cake mixture:
125 g/41⁄2 oz (5/8 cup) soft margarine or butter
125 g/41⁄2 oz (5/8 cup) sugar
1 sachet vanilla sugar or 2–3 drops natural vanilla essence in 1–2 tablespoons sugar
1 pinch salt
2–3 drops lemon essence
3 medium eggs
200 g/7 oz (2 cups) plain (all-purpose) flour
2 level teaspoons baking powder
3–4 teaspoons milk

For the apricot glaze:
4 teaspoons apricot jam
2 teaspoons water

Per piece:
P: 4 g, F: 13 g, C: 31 g, kJ: 1058, kcal: 253

1. Preheat the oven at the top and bottom. Grease the base of the springform tin.

2. To make the topping, melt the butter in a small pan. Wash the apples, peel, cut into quarters, remove the core and make several lengthways slits in each of the quartered apple pieces.

3. To make the cake mixture, work the softened margarine or butter with a hand mixer with whisk until it becomes smooth and homogenous. Gradually add the sugar, vanilla sugar, salt and lemon flavouring. Continue whisking until the mixture thickens.

4. Add 1 egg at a time, whisking each one for about 1⁄2 minute at the highest setting. Mix together the flour and baking powder, sift and add to the butter or margarine and egg mixture in 2 stages, alternating with the milk, briefly stirring with the mixer at the medium setting. Spoon the cake mixture into the springform tin and smooth out the surface. Arrange the apple quarters like a wreath on top and pour the melted butter over the apples. Put the tin on a shelf in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (not preheated), Gas mark 4 (not preheated),
Baking time: about 45 minutes.
5. To make the apricot glaze, rub the apricot jam through a sieve and bring to the boil in a small saucepan together with the water. Coat the cake with the apricot glaze immediately after taking the cake out of the oven. Release the springform tin and remove the cake. Leave on a rack to cool down.

**Tip:** You can also sprinkle 40 g/1 1/2 oz raisins over the apples. The cake may be prepared 1–2 days in advance and it is also suitable for freezing.

**Variation 1:** Apple crumble cake. Mix together 100 g/3 1/2 oz (1 cup) plain (all-purpose) flour with 50 g/2 oz (1/4 cup) sugar and 1 sachet vanilla sugar or 2–3 drops natural vanilla essence in 1–2 tablespoons sugar, 1 pinch ground cinnamon and 80 g/3 oz (1/2 cup) softened butter in a mixing bowl, using a hand mixer with whisk. Sprinkle the crumble over the apples, then bake as described above, but do not cover with the apricot glaze.

**Variation 2:** Cherry cake, very sophisticated. Instead of the apples, use 600 g/1 3/4 lb fresh, stoned, well-drained sour cherries or 1 can drained sour cherries, drained weight 350 g/12 oz.
14 | Prinzregententorte

Classic (about 16 pieces)

Preparation time: about 80 minutes, excluding cooling time
Baking time: about 8 minutes per layer

For a springform tin (diameter 26 or 28 cm/10 or 11 in):

some fat
baking parchment

For the cake mixture:
250 g/9 oz (1 1/4 cups) soft margarine or butter
250 g/9 oz (1 1/8 cups) sugar
1 sachet vanilla sugar or 2–3 drops natural vanilla essence in 1–2 tablespoons sugar
1 pinch salt
4 medium eggs
200 g/7 oz (1 3/4 cups) plain (all-purpose) flour
50 g/2 oz (1/2 cup) cornflour (cornstarch)
1 level teaspoon baking powder

For the butter cream:
45 g/1 1/2 oz (4 1/2 tablespoons) chocolate flavoured custard powder
500 ml/17 fl oz (2 1/4 cups) milk
250 g/9 oz (1 1/4 cups) soft butter

For the chocolate coating:
200 g/7 oz plain chocolate
2 teaspoons cooking oil

Per piece:
P: 6 g, F: 34 g, C: 44 g, kJ: 2095, kcal: 500

1. Preheat the oven. Grease the base of the springform tin and line it with baking parchment.

2. To make the cake mixture, work the softened butter or margarine with a hand mixer with whisk until it becomes smooth and homogenous. Gradually add the sugar, vanilla sugar and salt. Continue mixing until the mixture thickens. Add 1 egg at a time, whisking each egg for about 1/2 minute at the highest setting.

3. Mix together the flour, cornflour and baking powder, sift and add to butter or margarine and egg mixture in two stages, briefly stirring with the mixer at the medium setting. Now bake 7–8 layers as follows. For each layer, take 3 generous tablespoonsfuls of cake mixture and coat the base of the springform tin, making sure that the layer is not too thin at the edges or it may become too dark. Bake each layer on the base of the springform tin without the ring on a shelf in the oven until light brown. Repeat until all the layers have been made.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 8 minutes per layer.

4. Remove each layer immediately from the base and put on a rack to cool down separately, then remove the baking
5. To make the butter cream, make the custard following the instructions on the tin but with the addition of 100 g/3½ oz (½ cup) sugar. Let the custard cool down but do not refrigerate, stirring occasionally. Stir the softened butter or margarine with a hand mixer with whisk until it becomes smooth and homogenous. Then stir the cooled custard a tablespoonful at a time into the softened butter, making sure that the butter and custard are both at room temperature because the butter cream may curdle otherwise. Spread each layer with butter cream and assemble to make a gateau, the top consisting of a layer without butter cream.

6. To make the chocolate coating, coarsely chop the chocolate and melt with oil in a bain-marie over low heat, stirring all the time. Pour the chocolate coating on the cake in the middle and let it spread evenly all over the top and sides by "moving" the cake. If necessary use a knife to smooth out the chocolate coating along the sides. In order to have an even top surface for the chocolate coating, first "flatten" it on a board. Allow the coating to set and refrigerate the gateau until serving.

Tip: Draw the outline of the base of the springform tin on baking parchment for each layer. Spread 3 tablespoons of cake mixture on top of each baking parchment base and bake on a baking sheet.
15 | Nut cake

Good for preparing in advance (about 16 pieces)

Preparation time: about 30 minutes, excluding cooling time
Baking time: about 50 minutes

For a loose-base springform tin (diameter 26 cm/10 in):

some fat
plain (all-purpose) flour

For the cake mixture:
300 g/10 oz (1 3/8 cups) soft margarine or butter
250 g/9 oz (1 1/8 cups) sugar
5 drops vanilla essence in 1 tablespoon sugar
2 pinches ground cinnamon
6 medium eggs
180 g/7 1/2 oz (2 cups) plain (all-purpose) flour
5 level teaspoons baking powder
400 g/14 oz ground hazelnut kernels

For the coating:
200 g/7 oz full milk chocolate
2 teaspoons cooking oil
50 g/2 oz plain chocolate

Per piece:
P: 8 g, F: 38 g, C: 36 g, kJ: 2168, kcal: 518

1. Preheat the oven at the top and bottom. Grease and dust the tin.

2. To make the cake mixture, whisk the fat in a mixing bowl using a hand mixer with whisk until smooth and homogeneous. Gradually add the sugar, vanilla sugar and cinnamon and stir until the mixture thickens. Add 1 egg at a time, whisking each one for about 1/2 minute at the highest setting.

3. Mix together the flour and baking powder, sift and add the ground hazelnuts in 2 stages and stir briefly each time with the mixer at the medium setting. Put the cake mixture in the greased and floured tin. Put it on a shelf in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (not preheated), Gas mark 4 (not preheated),
Baking time: about 50 minutes.

4. Leave the cake in the tin for 10 minutes after taking it out of the oven, then remove from the tin and put on a rack to cool down.

5. To make the coating, coarsely chop the chocolate. Melt the milk chocolate with the oil and the plain chocolate separately in a bain-marie over low heat while stirring. Coat the cooled down cake with the melted milk chocolate, using a knife or baking brush. Sprinkle the melted plain chocolate on top using a teaspoon.
Variation: To make a Chocolate nut cake, use only 300 g/10 oz ground hazelnuts instead of 400 g/14 oz, and stir 100 g/3½ oz chopped chocolate into the cake mixture.
16 | Sachertorte

Good for preparing in advance (about 12 pieces)

Preparation time: about 45 minutes, excluding cooling time
Baking time: about 50 minutes

For a springform tin (diameter 26 cm/10 in):

some fat
baking parchment

For the cake mixture:
150 g/5 oz plain chocolate
6 whites of medium eggs
150 g/5 oz (3/4 cup) soft margarine or butter
150 g/5 oz (3/4 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
yolks of 6 medium eggs
100 g/3 1/2 oz (2 cups) breadcrumbs

For the filling:
125 g/4 1/2 oz apricot preserve

For the coating:
60 g/2 oz (1/4 cup) sugar
5 tablespoons water
200 g/7 oz plain chocolate

For the decoration:
50 g/2 oz plain chocolate

Per piece:
P: 7 g, F: 25 g, C: 47 g, kJ: 1855, kcal: 443

1. Chop the chocolate coarsely and melt in a container placed in a bain-marie over low heat, stirring continuously, then leave to cool down. Preheat the oven at the top and bottom. Grease the base of a springform tin and line it with baking parchment.

2. Now beat the egg whites until very stiff. Stir the softened margarine or butter with a hand mixer with whisk until it becomes smooth and homogenous. Gradually add the sugar and vanilla sugar and stir until the mixture thickens.

3. Add the egg yolks one at a time, whisking with the mixer at the highest setting. Whisk together the melted chocolate and breadcrumbs with the mixer on medium setting and carefully fold in the beaten egg whites. Now spoon the cake mixture into the spring-form tin, smooth out the surface and bake on a shelf in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (not preheated), Gas mark 4 (not preheated),
Baking time: about 50 minutes.

4. Remove the cake from the mould, place on a rack lined with baking parchment and leave to cool. When cool,
carefully peel off the baking parchment and cut the cake in two horizontally.

5. Spread the apricot jam on the bottom layer and cover with the top layer.

6. To make the chocolate coating, boil the sugar in the water in small saucepan until it is dissolved. Remove the saucepan from the heat. Chop the chocolate coarsely and add to the melted sugar mixture. Continue stirring until the chocolate has melted and the mixture is shiny. Pour the chocolate coating onto the centre of the cake and spread it evenly all over the top and sides by "moving" the cake. If necessary use a knife to smooth out the chocolate coating along the sides. Leave the coating to set.

7. To decorate the cake, melt the chocolate in a bain-marie while stirring. Cut the cake into 12 slices. Put the melted chocolate in a paper bag or in a small freezer bag, cut off a small corner and write the word "Sacher" on each slice of cake. Keep in the refrigerator until ready to serve.

Tip: Serve with whipped cream.
Because the cake is very moist, it can keep up to 5 days if well wrapped.
Lemon, cheese and cream torte

Preparation time: about 35 minutes, excluding cooling time
Baking time: about 25 minutes

For a springform tin (diameter 28 cm/11 in):

some fat
baking parchment

For the cake mixture:
150 g/5 oz (3/4 cup) soft margarine or butter
150 g/5 oz (3/4 cup) sugar
2-3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt
3 medium eggs
125 g/4 1/2 oz (1 1/4 cups) plain (all-purpose) flour
25 g/1 oz (3 tablespoons) cornflour (cornstarch)
1 level teaspoon baking powder

For the filling:
12 sheets gelatine
500 ml/17 fl oz (2 1/4 cups) chilled whipping cream
grated zest of 1 untreated lemon
100 ml/3 1/2 fl oz (1/2 cup) lemon juice
150 g/5 oz (3/4 cup) sugar
2-3 drops vanilla essence in 1 tablespoon sugar
1 kg/36 oz curd cheese

For dusting:
25 g/1 oz (1/4 cup) icing (confectioner’s) sugar

Per piece:
P: 11 g, F: 23 g, C: 33 g, kJ: 1610, kcal: 384

1. Preheat the oven and grease the base of the springform tin.

2. To make the cake mixture, stir the softened margarine or butter with a hand mixer with whisk until it becomes smooth and homogenous. Gradually add the sugar, vanilla sugar and salt and stir until the mixture thickens.

3. Add 1 egg at a time, whisking each one for about 1/2 minute at the highest setting. Mix together the flour, cornflour and baking powder, sift and add to the margarine or butter and egg mixture in 2 stages, stirring briefly with a mixer on medium setting. Spoon the cake mixture into the springform tin, smooth the surface flat and put the mould on a shelf in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 25 minutes.
4. Remove the cake from the oven, leave to cool down and cut in half horizontally.

5. To make the filling, soak the gelatine following the instructions on the packet. In the meantime, whisk the cream until it is stiff. Then add the lemon zest, lemon juice, sugar and vanilla sugar to the curd cheese and mix well.

6. Dissolve the gelatine and first add 4 tablespoons of the curd cheese mixture. Then stir in the rest of the quark mixture. Carefully fold in the whipped cream. Place the ring part of the spring-form tin, lined with baking parchment, round the bottom layer, spread the quark and cream mixture on top and smooth the surface flat.

7. Cut the top layer into 16 slices. Put them on top of the filling and refrigerate the torte for at least 3 hours. Loosen the torte with a knife, remove the springform tin ring and dust with icing sugar.

Tip: You can make the cake even fruitier by adding a tin of mandarins (drained weight 175 g/6 oz). Drain thoroughly in a sieve and fold into the cream cheese mixture using a spatula or dough scraper.
18 | Himmelstorte ("Heaven’s torte")

Traditional (about 16 pieces)

Preparation time: about 90 minutes, excluding cooling time
Baking time: about 20 minutes per layer

For a springform tin (diameter 28 cm/11 in):

For the coating:
some fat
whites of 5 medium eggs
2 teaspoons sugar

For the cake mixture:
250 g/9 oz (1 1/4 cups) soft margarine or butter
200 g/7 oz (1 cup) sugar
2-3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt
5 yolks of medium eggs
250 g/9 oz (2 1/2 cups) plain (all-purpose) flour
2 level teaspoons baking powder

For the topping:
40 g/1 1/2 oz (4 tablespoons) sugar
1 pinch ground cinnamon
100 g/3 1/2 oz blanched flaked almonds

For the filling:
500 g/18 oz redcurrants
125 g/4 1/2 oz (1/8 cup) icing (confectioner’s) sugar
500 ml/17 fl oz (2 1/4 cups) chilled whipping cream

Per piece:
P: 6 g, F: 28 g, C: 40 g, kJ: 1832, kcal: 437

1. Preheat the oven and grease the springform tin.

2. To make the coating, beat the egg whites until they are stiff enough to keep their shape. Then quickly fold in the sugar.

3. To make the cake mixture, stir the softened margarine or butter with a hand mixer with whisk until it becomes smooth and homogenous. Gradually add the sugar, vanilla sugar and salt and stir until the mixture thickens. Add the egg yolks one at a time with the mixer at the highest setting. Mix together the flour and baking powder, sift and add in 2 stages, stirring briefly with the mixer at the medium setting.

4. To make the 4 layers, spread 2 tablespoons of cake mixture on the greased base of the springform ring, making sure that the edge is not too thin so that the layer does not become too dark along the outside edge. Then spread 1/4 of the beaten egg whites over each layer. Mix together the sugar and cinnamon and sprinkle 1/4 of this mixture and 1/4 of the almonds on each layer of cake mixture. Bake each layer without the ring on a shelf in the oven until it is light brown.
Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 20 minutes per layer.

5. Carefully remove the layers from the base immediately after taking them out of the oven and leave to cool down on a baking sheet lined with baking parchment.

6. To make the filling, wash the redcurrants, drain well, remove them from the stalks and dust with icing sugar. Whip the cream and carefully fold in the redcurrants. Spread the whipped cream and redcurrants mixture over 3 of the 4 layers and assemble the 4 layers to make a cake. Refrigerate until ready to serve.

**Tip:** Serve on the day it is made.

**Variation:** The filling can also be prepared with fresh raspberries but then only use 50 g/2 oz icing sugar.
For guests (about 16 pieces)

Preparation time: about 45 minutes, excluding cooling time
Baking time: about 20 minutes

For the springform tin (diameter 26 cm/10 in):

fat, baking parchment

For the cake mixture:
100 g/3 1/2 oz (1/2 cup) soft margarine or butter
75 g/2 1/2 oz (3/8 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
2 medium eggs
100 g/3 1/2 oz (1 cup) plain (all-purpose) flour
1/2 level teaspoon baking powder

500 g/18 oz strawberries

For the red cream:
6 sheets red gelatine
90 g/3 oz (3/4 cup) icing (confectioner’s) sugar
100 ml/3 1/2 fl oz (1/2 cup) sparkling wine
250 ml/8 fl oz (1 cup) chilled whipping cream

For the light cream:
60 g/2 oz (1/2 cup) icing (confectioner’s) sugar
100 ml/3 1/2 fl oz (1/2 cup) sparkling wine
4 sheets gelatine
350 ml/12 fl oz (1 1/2 cups) chilled whipping cream

Per piece:
P: P: 4 g, F: 17 g, C: 22 g, kJ: 1128, kcal: 269

1. Preheat the oven. Grease the base of the springform tin and line it with baking parchment.

2. To make the cake mixture, stir the softened fat with a hand mixer with whisk until it becomes smooth and homogenous. Gradually add the sugar and vanilla sugar and stir until the mixture thickens. Add 1 egg at a time, whisking each one for about 1/2 minute at the highest setting. Mix together the flour and baking powder, sift and add to the fat and egg mixture in two stages, briefly stirring with a mixer at the medium setting. Spoon the cake mixture into the springform tin, smooth the surface flat. Put the tin on a shelf in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 20 minutes.

3. When baked, remove the cake base from the tin and put upside down on a baking sheet lined with baking parchment. Peel off the baking parchment from the cake and leave to cool. Put the cake base on a cake plate and put the ring of the springform tin around it. Wash the strawberries, drain thoroughly and remove the stalks. Cut a few of
the larger strawberries into slices and arrange around the springform tin ring. Finely chop 150 g/5 oz strawberries and arrange on the cake base.

4. To make the red cream filling, purée the rest of the strawberries. Soak the gelatine following the instructions on the packet. Sift the icing sugar and stir into the puréed strawberries together with the sparkling wine. Squeeze the gelatine to remove the water and dissolve. First stir 2 tablespoons of strawberry purée into the gelatine using a whisk, then stir this mixture into the dissolved gelatine. Whip the cream until stiff. When the strawberry mixture begins to set, carefully fold in the whipped cream.

5. To make the light coloured cream filling, sift the icing sugar and stir in the sparkling wine. Soak the gelatine following the instructions on the packet. Whip the cream until stiff. Squeeze the gelatine to remove the water and dissolve. Add 2 tablespoons of sparkling wine to the dissolved gelatine and stir with a whisk. Then add this mixture to the rest of the sparkling wine and finally fold in the whipped cream.

6. First spread the red cream filling over the cake base, then spread the light coloured cream filling on top. Then drag a fork through the two layers of cream filling with a spiral movement to create the marbling effect. Refrigerate the cake for 3 hours.
20 | Peach slices

Popular (about 20 pieces)

Preparation time: about 35 minutes
Baking time: about 25 minutes

2 cans peach halves (drained weight 500 g/18 oz each)

For the cake mixture:
150 g/5 oz (¾ cup) soft margarine or butter
150 g/5 oz (¾ cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt, 5 drops lemon essence
4 medium eggs
250 g/9 oz (2½ cups) plain (all-purpose) flour
3 level teaspoons baking powder

For the crumble:
150 g/5 oz (1½ cup) plain (all-purpose) flour
75 g/2½ oz (¾ cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
100 g/3½ oz (½ cup) soft butter

For the icing:
100 g/3½ oz (¾ cup) icing (confectioner’s) sugar
2 tablespoons lemon juice

Per piece:
P: 4 g, F: 20 g, C: 32 g, kJ: 1046, kcal: 250

1. Preheat the oven. Grease the baking sheet with some fat. Drain the peach halves thoroughly in a colander.

2. To make the cake mixture, stir the softened fat with a hand mixer with whisk until it becomes smooth and homogenous. Gradually add the sugar, vanilla sugar, salt and lemon flavouring and stir until the mixture thickens. Add 1 egg at a time, whisking each one for about ½ minute at the highest setting.

3. Mix together the plain (all-purpose) flour and baking powder, sift and add to the fat and egg mixture in two stages, briefly stirring with a mixer at the medium setting. Spread the cake mixture on the greased baking sheet. Slice the apricot halves and arrange on the cake mixture.

4. To make the crumble, sift the flour in a bowl and add the sugar, vanilla sugar and softened butter and stir with a mixer with whisk and spread over the peaches. Put the baking sheet on a shelf in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 25 minutes.

5. To make the icing, sift the icing (confectioner’s) sugar, stir in the lemon juice and pour over the apricots as soon as the cake is removed from the oven, using a baking brush. Take the cake off the baking sheet and put on a rack to cool down.
Tip: Instead of peach halves you can use 2 tins of peach slices (drained weight 500 g/18 oz each).
21 | Maulwurftorte ("Mole cake")

Popular (about 16 pieces)

Preparation time: about 30 minutes, excluding cooling time
Baking time: about 30 minutes

For a springform tin (diameter 26 cm/10 in):

some fat

For the cake mixture:
whites of 4 medium eggs
125 g/4⅓ oz (5⅛ cup) soft margarine or butter
125 g/4⅓ oz (5⅛ cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
yolks of 4 medium eggs
50 g/2 oz (⅓ cup) plain (all-purpose) flour
10 g/⅓ oz cocoa powder
4 level teaspoons baking powder
75 g/3 oz ground hazelnut kernels
100 g/3⅓ oz grated dark bitter chocolate

For the filling:
1 can or jar sour cherries (drained weight 350 g/ 12 oz)
2 bananas (250 g/9 oz)
4 teaspoons lemon juice
600 ml/21 oz (2⅓ cups) chilled whipping cream
25 g/1 oz (2 tablespoons) sugar
3 drops vanilla essence in 1 tablespoon sugar

Per piece:
P: 5 g, F: 25 g, C: 26 g, kJ: 1450, kcal: 346

1. Preheat the oven and grease the base of the springform tin.

2. To make the cake mixture, beat the egg whites very stiff. Stir the softened fat with a hand mixer with whisk until it becomes smooth and homogenous. Gradually add the sugar and vanilla sugar, stir until the mixture has thickened. Add the egg yolks one at a time, whisking with the mixer at the highest setting.

3. Mix together the flour, cocoa powder and baking powder, sift, add the hazelnuts and grated chocolate to the fat and egg mixture in 2 stages and stir briefly using a mixer at the medium setting. Briefly whisk in the beaten egg whites using a mixer on medium setting. Put the cake mixture in the springform tin and smooth the surface flat. Put the tin on a shelf in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 30 minutes.

4. Leave the cake in the tin for about 10 minutes after taking it out of the oven. Then remove it from the tin and put on a rack to cool. When cool, scoop out the cake with a spoon to a depth of 1 cm/⅜ in, leaving a rim of about 1–2
cm/\frac{3}{8}-\frac{3}{4} in. To ensure a neat rim, cut round the cake with the tip of a knife before scooping out the middle. Crumble the scooped out cake in a bowl.

5. For the filling, drain the cherries thoroughly in a colander, then put on kitchen paper. Peel the bananas, cut in half lengthways, sprinkle with lemon juice and arrange in the scooped out cake. Then arrange the cherries on top. Whip the cream with sugar and vanilla sugar, spoon on the fruit to form a dome and sprinkle with the crumbled cake. Refrigerate for 1 hour.
22 | Donauwellen ("Danube waves")

Classic (about 20 pieces)

Preparation time: about 45 minutes, excluding cooling time
Baking time: about 40 minutes

For a baking sheet (40 x 30 cm/ 16 x 12 in):

some fat
aluminium foil

For the cake mixture:
2 can or jar sour cherries (drained weight 350 g each)
250 g/9 oz (1 1/4 cups) soft margarine or butter
200 g/7 oz (1 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt
5 medium eggs
375 g/13 1/2 oz (3 3/4 cups) plain (all-purpose) flour
3 level teaspoons baking powder
20 g/3/4 oz cocoa powder
2 teaspoons milk

For the butter cream:
40 g/1 1/2 oz (4 1/2 tablespoons) custard powder
100 g/3 1/2 oz (1 1/2 cup) sugar
500 ml/17 fl oz (2 1/4 cups) milk
250 g/9 oz (1 1/4 cups) soft butter

For the topping:
200 g/7 oz plain chocolate
4 teaspoons cooking oil

Per piece:
P: 6 g, F: 28 g, C: 43 g, kJ: 1883, kcal: 450

1. Preheat the oven at the top and bottom. Grease the baking sheet. Thoroughly drain the cherries.

2. To make the cake mixture, stir the softened margarine or butter with a hand mixer with whisk until it becomes smooth and homogenous. Gradually add the sugar, vanilla sugar and salt, stir until the mixture thickens. Add 1 egg at a time, whisking each one for about 1/2 minute at the highest setting. Mix together the flour and baking powder, sift and add to the margarine or butter and egg mixture in two stages, briefly stirring with a mixer at the medium setting. Spread 2/3 of the cake mixture on the greased baking sheet. Sift the cocoa powder and add with the milk to the rest of the cake mixture and spread it on top of the light cake mixture. Place a strip of aluminium foil along the open end of the baking sheet to form an edge. Dry the sour cherries quickly on kitchen paper, then arrange them on the dark-coloured cake mixture, pressing them lightly into place. Put the baking sheet on a shelf in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (not preheated), Gas mark 4 (not preheated),
Baking time: about 40 minutes.
3. Take the cake off the baking sheet, place on a rack to cool down.

4. To make the butter cream filling, make a custard with the custard powder, 100 g/3½ oz (½ cup) sugar and milk, following the instructions on the packet. Leave the custard to cool down (but do not refrigerate) and stir occasionally.

5. Stir the softened butter with a hand mixer with whisk until it becomes smooth and homogenous. Stir in the cooled custard by the spoonful, making sure that the butter and custard are both at room temperature because the butter cream could curdle otherwise. Spread the butter cream on the cooled cake and smooth out the surface. Refrigerate for about 1 hour.

6. To make the chocolate topping, coarsely chop the plain chocolate and melt with the oil in a container placed in a bain-marie over low heat. Pour the chocolate coating over the set butter cream and decorate with a baking comb.
Fried egg pastry

For children (about 20 pieces)

Preparation time: about 30 minutes, excluding cooling time
Baking time: about 35 minutes

For a baking sheet (40 x 30 cm/16 x 12 in):

some fat
aluminium foil

For the topping:
80 g/3 oz custard powder, vanilla flavour
80 g/3 oz (scant ½ cup) sugar
750 ml/1¾ pints (3½ cups) milk
1 can apricot halves (drained weight 480 g/17 oz)
500 g/18 oz crème fraîche

For the cake mixture:
150 g/5 oz (¾ cup) soft margarine or butter
150 g/5 oz (¾ cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt
3 medium eggs
300 g/10 oz (3 cups) plain (all-purpose) flour
2 level teaspoons baking powder
4 teaspoons milk

Per piece:
P: 5 g, F: 16 g, C: 38 g, kJ: 1336, kcal: 320

1. To make the topping, make the custard with the custard powder, sugar and milk following the instructions on the packet but using only 750 ml/1¾ pints (3½ cups). Leave the custard to cool down a little, stirring occasionally.

2. In the meantime, preheat the oven top and bottom. Grease the baking sheet. Drain the apricots thoroughly in a colander and reserve the juice. Stir the crème fraîche into the cooled custard.

3. To make the cake mixture, stir the softened margarine or butter with a hand mixer with whisk until it becomes smooth and homogenous. Gradually add the sugar, vanilla sugar and salt, and stir until the mixture thickens.

4. Add 1 egg at a time, whisking each one for about ½ minute at the highest setting. Mix together the flour and baking powder, sift and add to the margarine or butter and egg mixture in two stages, briefly stirring with a mixer at the medium setting. Place a strip of aluminium foil along the open end of the baking sheet to form an edge.

5. Spread the custard on the cake mixture. Neatly arrange the apricot halves with the rounded sides upward and put the baking sheet in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (not preheated), Gas mark 4 (not preheated),
Baking time: about 35 minutes.
6. Take the cake off the baking sheet and place on a rack to cool down.

7. To make the glaze, top up the apricot juice with water to make 500 ml/17 fl oz (2 1/4 cups). Blend 4 teaspoons arrowroot with a little of the liquid, then stir in the rest of the liquid. Bring to the boil and simmer for 1/2–1 minute until it is clear. When cool, pour over the cake and apricots and leave to set.

**Variation:** To reduce the calorie content you can replace the crème fraîche by 250 g/9 oz low fat curd cheese and 250 g/9 oz yoghurt (3.5%).
For children (about 20 pieces)

Preparation time: about 35 minutes
Baking time: about 25 minutes

For a baking sheet (40 x 30 cm/16 x 12 in) or roasting tin:

some fat
plain (all-purpose) flour
aluminium foil

For the cake mixture:
350 g/12 oz (1 3/4 cups) soft margarine or butter
350 g/12 oz (1 3/4 cups) sugar, grated zest of 2 untreated lemons
5 medium eggs
275 g/9 1/2 oz (2 3/4 cups) plain (all-purpose) flour
120 g/4 1/2 oz (1 cup) cornflour (cornstarch)
2 level teaspoons baking powder

For the icing:
250 g/9 oz (1 3/4 cups) icing (confectioner’s) sugar, about 5 tablespoons lemon juice

Per piece:
P: 3 g, F: 16 g, C: 46 g, kJ: 1450, kcal: 346

1. Preheat the oven. Grease and flour the baking sheet or roasting tin.

2. To make the cake mixture, stir the softened margarine or butter with a hand mixer with whisk until it becomes smooth and homogenous. Gradually add the sugar and lemon zest and stir until the mixture thickens. Add 1 egg at a time, whisking each one for about 1/2 minute at the highest setting.

3. Mix together the plain (all-purpose) flour and baking powder, sift and add to margarine or butter and egg mixture in two stages, briefly stirring with a mixer at the medium setting. Spread the cake mixture on the greased and floured baking sheet or roasting tray and smooth the surface flat.

4. Place a strip of aluminium foil along the open end of the baking sheet to form an edge and put the baking sheet in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 25 minutes.

5. For the icing, sift the icing sugar and stir in enough lemon juice to obtain a smooth, thick mixture. Put the baking sheet or roasting tray on a rack and coat the cake – while still hot – with the icing (the hotter the cake, the more the icing will penetrate the cake). Leave the cake to cool on the baking sheet or roasting tray, placed on a rack.

Variation: To make orange cake, use orange zest instead of lemon zest.
All-in-one cake mixture

All-in-one cake mixture is made with the same ingredients as the previous cake mixture. The only difference is that all the ingredients are stirred together at the same time and not one after the other. That is why this cake mixture has a solider texture than the previous cake mixture, but it is very good when the ingredients are all quite light.

To prepare, bake and store all-in-one cake mixtures and cakes, follow the instructions on cake mixtures in the advice.

Adding the ingredients
Mix together the plain (all-purpose) flour and baking powder, sift into a mixing bowl, add the other ingredients such as sugar, vanilla sugar, spices or other flavourings, eggs, softened butter or margarine and possibly liquid. Stir briefly with a mixer, first at the lowest setting, then for 2 minutes at the highest setting, to obtain a smooth mixture.

Basic recipe for 1 springform tin

For a springform tin (diameter 26 cm/10 in):
some fat

For the all-in-one cake mixture:
100 g/3 1/2 oz (1 cup) plain (all-purpose) flour
2 level teaspoons baking powder
for a dark mixture: 2 teaspoons cocoa powder in addition
100 g/3 1/2 oz (1/2 cup) sugar
100 g/3 1/2 oz (3/8 cup) soft butter or margarine
3 medium eggs

1. Preheat the oven. Grease the base of the springform tin.

2. To make the cake mixture, mix together the flour and baking powder, sift into a mixing bowl, add the other ingredients. Stir briefly with a mixer, first at the lowest setting, then for 2 minutes at the highest setting, to obtain a smooth consistency.

3. Spoon the cake mixture into the prepared springform tin and smooth the surface flat. Put the tin on a shelf in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 20 minutes.

4. Loosen the cake from the ring of the tin and remove the ring. Then slide the cake off the base of the springform tin and place on a rack to cool down.

Tip: Garnish to taste, for instance with 500 g/18 oz of fruit of the season such as strawberries or peaches. Make a glaze with arrowroot, pour over the fruit and leave to set.
24 | Muffins with chocolate chips

For children (12 pieces)

Preparation time: about 20 minutes
Baking time: about 25 minutes

For a muffin mould for 12 muffins:

12 paper muffin cases

For the all-in-one mixture:
100 g/3 1/2 oz plain chocolate
200 g/7 oz (2 cups) plain (all-purpose) flour
40 g/1 1/2 oz (4 1/2 tablespoons) custard powder, vanilla flavour
3 level teaspoons baking powder
150 g/5 oz (3/4 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
200 g/7 oz (1 cup) soft butter or margarine
3 medium eggs
100 ml/3 1/2 fl oz (1/2 cup) milk

Per piece:
P: 5 g, F: 19 g, C: 32 g, kJ: 1315, kcal: 314

1. Preheat the oven. Line the muffin tin with the paper muffin cases. Chop the chocolate into small pieces.

2. To make the cake mixture, mix together the flour, custard powder and baking powder, sift into a mixing bowl. Add the other ingredients and stir briefly with a mixer, first briefly at the lowest setting, then for 2 minutes at the highest setting, to obtain a smooth consistency. Stir in 2/3 of the chopped chocolate.

3. Spoon the mixture into the muffin cases and sprinkle the rest of the chocolate on top. Put the muffin tin on a shelf in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 25 minutes.

4. Take the muffins out of the cases and put on rack to cool down.

Tip: Instead of paper muffin cases, you can grease and flour the muffin tin and put the mixture straight into the tin.

Variation: To make multicoloured muffins, use multicoloured chocolate beans instead of plain chocolate. Chop them up coarsely and use as described in the recipe above.
25 | Fruit tart

Quick (about 12 pieces)

Preparation time: about 25 minutes, excluding cooling time  
Baking time: about 15 minutes

For a deep flan tin (diameter 28 or 30 cm/11 or 12 in) or 6 tartlet moulds (diameter 12 cm/5 in):

some fat

For the all-in-one mixture:
125 g/4½ oz (1½ cups) plain (all-purpose) flour
2½ level teaspoons baking powder
100 g/3½ oz (½ cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
4 medium eggs
2 tablespoons cooking oil, e.g. sunflower oil
4 teaspoons vinegar, e.g. fruit vinegar

For the filling:
about 1 kg/2½ lb fresh fruit (e.g. strawberries, oranges, bananas, grapes, kiwi fruit)
some sugar

For the glaze:
2 teaspoons arrowroot
4 teaspoons sugar
250 ml/8 fl oz (1 cup) water

Per piece:
P: 4 g, F: 5 g, C: 35 g, kJ: 865, kcal: 206

1. Preheat the oven. Grease the flan tin or tartlet moulds.

2. To make the cake mixture, mix together the flour and baking powder, sift into a mixing bowl, add the other ingredients one after the other, stir with a hand mixer, first briefly at the lowest setting, then for 2 minutes at the highest setting, to obtain a smooth consistency.

3. Put the mixture in the greased flan dish or tartlet tin, smooth the surface flat and put it on the lowest shelf in the oven.

Top/bottom heat: about 200 °C/400 °F (preheated),  
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),  
Baking time: about 15 minutes.

4. After removing from the oven, put the flan case on a rack lined with baking parchment and leave to cool.

5. To make the filling, peel or wash the fruit, drain well, remove the stalks and cut in half or slices if necessary. Sprinkle the fruit with sugar and leave to stand for a short time. Arrange the fruit in the flan case or tartlet cases.
6. To make the arrowroot glaze, take 250 ml/8 fl oz (1 cup) water or fruit juice. Blend 2 teaspoons arrowroot with a little of the liquid, then stir in the rest of the liquid. Bring to the boil and simmer for $\frac{1}{2}–1$ minute until it is clear. When cool, pour it over the fruit using a tablespoon. Leave the glaze to set before serving.

**Tips:** If you use a tin flan dish, grease and flour it first.
Instead of fresh fruit, tinned fruit to choice (drained weight about 500 g/18 oz) can be used. Drain the fruit thoroughly, reserve the juice and use to make the glaze.
26 | Egg liqueur cake

Good for preparing in advance (about 16 pieces)

Preparation time: about 20 minutes
Baking time: about 60 minutes

For a gugelhupf mould (diameter 22 cm/8½ in):

some fat
plain (all-purpose) flour

For the all-in-one mixture:
125 g/4½ oz (1⅓ cups) plain (all-purpose) flour
125 g/4½ oz (1 cup) cornflour (cornstarch)
4 level teaspoons baking powder
250 g/9 oz (1⅔ cups) icing (confectioner’s) sugar
2 sachets vanilla sugar or 3 drops vanilla essence in 1 tablespoon sugar
250 ml/8 fl oz (1 cup) cooking oil
250 ml/8 fl oz (1 cup) egg liqueur
5 medium eggs

For dusting:
some icing (confectioner’s) sugar

Per piece:
P: 2 g, F: 18 g, C: 39 g, kJ: 1496, kcal: 357

1. Preheat the oven top and bottom. Grease and flour the gugelhupf mould.

2. To make the cake mixture, mix together the plain (all-purpose) flour, cornflour and baking powder, sift into a mixing bowl, add the other ingredients and stir with a hand mixer at the highest setting for at least 1 minute until the mixture becomes foamy. Whisk to incorporate the mixture stuck to the sides of the bowl.

3. Spoon the mixture into the gugelhupf mould and put on a shelf in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (not preheated), Gas mark 4 (not preheated),
Baking time: about 60 minutes.

4. Leave the cake in the tin for about 10 minutes after taking it out of the oven, then remove from the tin and put on rack to cool down. Finally dust with icing sugar.

Variation: To make egg liqueur waffles, make the cake mixture as described above with 100 g/3½ oz (⅔ cup) icing (confectioner’s) sugar, 2 medium eggs, 3 drops vanilla essence in 1 tablespoon sugar, 100 ml/3½ fl oz (⅓ cup) cooking oil, 100 ml/3⅓ fl oz (⅓ cup) egg liqueur, 50 g/2 oz (⅔ cup) plain (all-purpose) flour, 1⅓ level teaspoons baking powder and 50 g/2 oz cornflour (cornstarch). Put 2–3 tablespoons cake mixture in a well-greased hot waffle iron. Cook the waffles until golden yellow and put on rack to cool down (without stacking) and dust with icing sugar.
27 | Quick plum cake

Fruity – seasonal (about 12 pieces)

Preparation time: about 35 minutes
Baking time: about 50 minutes

For a springform tin (diameter 26 cm/10 in):

some fat

For the filling:
800 g/1 3/4 lb plums

For the all-in-one mixture:
125 g/4 1/2 oz (1 1/4 cup) plain (all-purpose) flour
1 level teaspoons baking powder
125 g/4 1/2 oz (3/4 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
grated zest of 1 untreated lemon
125 g/4 1/2 oz (3/4 cup) soft butter or margarine
2 medium eggs

For the crumble:
150 g/5 oz (1 1/3 cup) plain (all-purpose) flour
100 g/3 1/2 oz (1/2 cup) sugar
1 pinch ground cinnamon
100 g/3 1/2 oz (1/2 cup) soft butter

Per piece:
P: 4 g, F: 17 g, C: 42 g, kJ: 1407, kcal: 336

1. Preheat the oven at the top and bottom. Grease the base of the springform tin. For the filling, wash the plums, pat dry, remove the stones and cut lengthways from the top.

2. To make the cake mixture, mix together the flour and baking powder, sift into a mixing bowl, add the other ingredients and stir with a hand mixer, first briefly at the lowest setting, then for 2 minutes at the highest setting, to obtain a smooth consistency.

3. Spoon the mixture into the springform tin and smooth the surface flat. Arrange the plums on the mixture so that they overlap, with the hollow side upward.

4. To make the crumble, sift the plain flour in a mixing bowl, add the cinnamon, sugar and softened butter. Whisk until the crumble has the right texture. Sprinkle the crumble over the plums and put on a shelf in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (not preheated), Gas mark 4 (not preheated),
Baking time: about 50 minutes.

5. Take the cake out of the springform tin and put on a rack to cool down.
**Tip:** This cake can also be made with apples instead of plums. Use 800 g/1 3/4 lb apples such as Elstar or Jonagold. Wash, peel and core them, then cut into slices.
28 | Buttermilk cake

Quick (about 20 pieces)

Preparation time: about 20 minutes
Baking time: about 25 minutes

For a baking sheet (40 x 30 cm/16 x 12 in):

some fat

For the all-in-one mixture:
300 g/10 oz (3 cups) plain (all-purpose) flour
1 packet baking powder or 5 level teaspoons baking powder
300 g/10 oz (1 1/2 cups) sugar
3 drops vanilla essence in 1 tablespoon sugar
3 medium eggs
300 ml/10 fl oz (1 1/4 cups) buttermilk

For the topping:
150 g/5 oz (3/4 cup) butter
150 g/5 oz (3/4 cup) sugar
200 g/7 oz blanched chopped almonds or chopped hazelnut kernels or desiccated coconut

Per piece:
P: 5 g, F: 7 g, C: 35 g, kJ: 933, kcal: 223

1. Preheat the oven and grease the baking sheet.

2. To make the cake mixture, mix together the flour and baking powder, sift into a mixing bowl, add the other ingredients and stir with a hand mixer, first briefly at the lowest setting, then for 2 minutes at the highest setting, to obtain a smooth consistency.

3. Spread the mixture evenly on the greased baking sheet. Put in the oven and pre-bake the cake.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 10 minutes.

4. To make the topping, melt the butter and the sugar in a pan. Stir in the almonds or hazelnuts or desiccated coconut and spread this mixture on the pre-baked base. Return the cake with the topping to the oven and bake for another 15 minutes at the same temperature until done.

5. Leave the cake to cool down on the baking sheet, placed on a rack.

Tip: Cream can be used instead of buttermilk.
Raspberry and yogurt cake

For guests (about 12 pieces)

Preparation time: about 40 minutes, excluding cooling time
Baking time: about 15 minutes

For the baking sheet:

some fat
baking parchment
baking frame

For the all-in-one mixture:
125 g/4 1/2 oz (1 1/4 cups) plain (all-purpose) flour
25 g/1 oz (3 tablespoons) cornflour (cornstarch)
1 heaped teaspoon cocoa powder
3 heaped teaspoons baking powder
100 g/3 1/2 oz (1/2 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
60 g/2 oz (4 tablespoons) soft butter or margarine
3 medium eggs

For the topping:
10–12 sheets gelatine
1 untreated lime
1 kg/2 1/4 lb yogurt
150 g/5 oz (3/4 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
400 ml/14 fl oz (1 3/4 cups) chilled whipping cream
250 g/9 oz raspberries
60 g/2 oz raspberry jelly

Per piece:
P: 8 g, F: 19 g, C: 41 g, kJ: 1560, kcal: 373

1. Grease the baking sheet and line with baking parchment. Place a baking frame (30 x 40 cm/12 x 16 in) on the baking sheet.

2. To make the cake mixture, mix together the flour and cornflour, cocoa powder and baking powder and sift into a mixing bowl, add the other ingredients and stir with a mixer, first briefly at the lowest setting, then for 2 minutes at the highest setting, to obtain a smooth consistency.

3. Spread the mixture in the baking frame on the baking sheet, smooth the surface flat and put in the oven.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 15 minutes.

4. Loosen the baking frame with a knife and remove it. Put the cake on a rack, lined with baking parchment, to cool down. Wash the baking frame. Carefully peel the baking parchment off the cake. Put the cake on a plate and enclose
it again with the baking frame.

5. To make the topping, soak the gelatine following the instructions on the packet. Wash the limes in hot water and wipe dry. Grate the lime zest with a lemon zester and press the juice from the lime. Stir together the yogurt, sugar, vanilla sugar, lime zest and lime juice. Squeeze out the gelatine and dissolve. First whisk 4 tablespoons of the yogurt mixture into the dissolved gelatine, then whisk in the rest of the yogurt mixture.

6. When the yogurt and gelatine mixture begins to thicken, whip the cream, fold into the mixture and spread this mixture on the cake. Clean and prepare the raspberries and scatter over the topping. Refrigerate the cake for about 3 hours.

7. Bring the raspberry jelly to the boil in a small pan. While still hot, pour it in blobs or thin streaks over the cake and allow to set. Then carefully loosen and remove the baking frame.

Tip: Garnish the cake with lemon balm leaves if desired.
Shortcrust pastry

Shortcrust pastry is a type of cake mixture which is kneaded into a dough that can be rolled out. It is used for making biscuits and confectionery or lining flan dishes. It does not make crumbs and becomes friable when baked. Shortcrust pastry usually consists of plain (all-purpose) flour, sugar, fat and sometimes eggs.

Preheating the oven
Preheat the oven at the top and bottom. If the baking time is 30 minutes or less, even fan and gas ovens will need to be preheated. If the baking time exceeds 30 minutes, fan and gas ovens will not need preheating.

Preparing the baking tin or baking sheet
Grease the baking tin or baking sheet generously and evenly with soft margarine or butter using a baking brush. Do not use oil because it would run down the side of the tin.
When making biscuits by squeezing the dough through a pastry bag (or cookie press) it is necessary to line the baking sheet with baking parchment, but still grease the baking sheet to stop the parchment does not slide about.
For biscuits which are cut out and then put on the baking sheet it is not necessary to grease the baking sheet. If you only have one baking sheet and are baking several batches, prepare pieces of baking parchment the size of the baking sheet, place the biscuits on it and slide it onto the flat side of the baking sheet without the biscuits slipping.

Mixing and sifting flour and baking powder
If cocoa is included, mix it with the flour as well.
Sifting aerates the flour and distributes the baking powder evenly throughout it. This makes the pastry lighter. Wholemeal flour and baking powder can only be mixed together since the coarser texture of the wholemeal prevents it being sifted.

Adding the other ingredients
Put the flour in a mixing bowl and add the other ingredients such as sugar, butter or margarine and possibly eggs. Depending on the recipe the pastry is made without egg, or with, for instance, crème fraîche or a little water.
The margarine or butter should be soft (easy to spread). This is why it is important to take the butter or margarine out of the refrigerator in good time. But if the butter or margarine is too soft the pastry will be difficult to work and will "pull together" when baking.
Never add more flour than indicated in high-fat dough recipes, because it makes them crumbly and the pastry becomes hard when baking.

Mixing the ingredients to make a dough
Mix together all the ingredients with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting to make a dough. Then using your hands form into a ball (when intended for a springform tin) or a cylinder (when intended for a baking sheet or for biscuits) to make it easier to roll out. If the dough is sticky, wrap it in clingfilm and put in the refrigerator for 30 minutes.

Rolling out the dough
Before rolling out the dough, remove all remnants of dough from the work top and sprinkle lightly with flour so that the dough does not stick. Knead the chilled dough briefly with your hands. When rolling out the dough, the rolling pin must simply roll lightly over the dough; do not press too hard. If the dough sticks to the worktop while being rolled out, slide a knife or spatula under it to loosen. Alternatively, instead of rolling out the dough on a floured worktop, the dough can be rolled between two layers of clingfilm or in a freezer bag previously cut open.
If the dough becomes sticky while being rolled out, wrap it in clingfilm again and put it back in the refrigerator. This will solidify the butter or margarine in the dough so that the dough will no longer be sticky.

Rolling out the dough for biscuits is easier because you can do it in smaller amounts. Cut out the biscuits with a
pastry cutter so as to waste as little dough as possible, because repeated kneading, flouring and rolling out will make the dough increasingly drier and more brittle. Dip the pastry cutter in flour now and again to ensure that the dough does not stick to it.

Putting rolled out dough on a baking sheet
A fragile rolled-out piece of dough can be transferred easily to a baking sheet if it is first wound around a rolling pin, then unwound onto the baking sheet.

Rolling out dough for springform tins or flan dishes
Pastry cases for fruit pies can be baked in flan dishes or spring-form tins. If using a springform tin, roll out two-thirds of the dough and line the greased base of the springform tin. For the sides of the pastry case, knead a level tablespoon of flour into the rest of the dough (following the recipe) so that it holds better, form into a cylinder, place round the dough base against the sides of the tin and press with two fingers until it is 3 cm/1 1/4 in high. Then prick the base with a fork here and there to prevent air bubbles from forming.

Pre-baking pie cases
Dough intended to be used as a pastry case should be pre-baked so that the pastry remains crisp and does not become soggy with a moist filling. Roll out part of the dough and line the base of a greased spring-form tin. Prick the base several times with a fork to prevent the formation of air bubbles and pre-bake with the side of the spring-form tin in place. Then prepare the sides of the flan case as described above but without adding more flour.

Lining tartlet moulds
Place the well-greased tartlet moulds very close to each before lining them with the dough. First, place the rolled out dough loosely over the cases, then press the dough lightly into the cases. Roll the rolling pin over the moulds and press down on the edges. Cut the dough round the moulds using a knife.

Blind-baking tartlet or flan cases
Dough intended for pies with a cold filling (cream or fruit) must be baked blind. To do this, roll out the dough to the size of the flan dish, line the greased flan dish and prick several times with a fork. Fill the moulds or flan dish with dried pulses (peas or beans) and bake. This will ensure that the base of the flan case remains flat and the sides do not collapse.

Baking shortcrust pastry
Bake the shortcrust pastry following the instructions in the recipe. As soon as it is done, remove immediately from the mould or baking sheet. Shortcrust pastry bases baked in a springform tin should be immediately loosened from the base but allowed to cool down on it so that they do not loose their shape. Place the baked pastry on a rack (on the springform tin base) to cool down. They should lie flat and not be on top of each other to ensure that they keep their shape. Warm, freshly baked shortcrust pastry is soft and only becomes crisp and crumbly when it has cooled down.

Storing
Uncooked shortcrust pastry will keep for several days in the refrigerator if wrapped in clingfilm or placed in a freezer bag. It can also be frozen but it must then be allowed to defrost still wrapped at room temperature. Short crust pastry bases can be wrapped in aluminium foil and stored for a few days in the refrigerator. Small pastries and biscuits must be stored in airtight containers.
30 | Basic recipe for tartlets or biscuits

For about 8 tartlet moulds (diameter about 10 cm/4 in) or baking sheet:

some fat or baking parchment

For the shortcrust pastry:
150 g/5 oz (1 1/3 cup) plain (all-purpose) flour
1 pinch baking powder
50 g/1 3/4 oz (4 tablespoons) sugar
100 g/3 1/2 oz (1/4 cup) soft butter or margarine

1. Preheat the oven. Grease the tartlet moulds or line the baking sheet with baking parchment.

2. To make the dough, mix together the flour and baking powder, sift into a mixing bowl and add the other ingredients. Stir with a hand mixer, first briefly at the lowest setting, then at the highest setting until the dough is formed. Then roll it into a ball using the hands.

3. Roll out the dough thinly, line the moulds with it and prick several times with a fork. If making biscuits, roll out the dough about 1/2 cm/3/16 in thick, cut out using a pastry cutter of your choice and place on the baking sheet lined with baking parchment. Sprinkle with sugar crystals or cinnamon. Put the tartlet moulds on a grid or the baking sheet without a grid in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 15 minutes for tartlets or 10 minutes for biscuits.

4. Remove the tartlets from the moulds immediately after they have been taken out of the oven and leave to cool down on a rack. Remove the biscuits with the baking parchment from the baking sheet and put on a rack to cool down.

Tip: Fill the tartlets with fruit of the season and pour glaze over the fruit. Coat the biscuits with icing and dust with icing (confectioner’s) sugar.
31 | Biscuits

For guests (about 75 pieces/4 baking sheets)

Preparation time: about 50 minutes
Baking time: about 8 minutes per baking sheet

For the baking sheet:
baking parchment

For the shortcrust pastry:
250 g/9 oz (2 1/2 cups) plain (all-purpose) flour
1 level teaspoon baking powder
75 g/3 oz (3/8 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt
1 medium egg
125 g/4 1/2 oz (5/8 cup) soft butter or margarine

In addition:
1–2 tablespoons icing (confectioners’) sugar
100 g/3 1/2 oz jelly, e.g. redcurrant jelly
70 g/3 oz plain chocolate

Per piece:
P: 1 g, F: 2 g, C: 5 g, kJ: 167, kcal: 40

1. Preheat the oven and line the baking sheet with baking parchment.

2. To make the dough, mix together the plain (all-purpose) flour and baking powder, sift into a mixing bowl, add the other ingredients and stir with a mixer with kneading hook, first briefly at the lowest setting, then at the highest setting until the dough is formed. Then roll it into a ball using your hands.

3. Roll out small amounts of the dough very thinly and cut out round biscuits, 4 cm/2 1/2 in in diameter. Cut out a small hole 1.5 cm/5/8 in in diameter in 35–40 of them, to make ring-shaped biscuits. Put the biscuits on the prepared baking sheet and put in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 8 minutes per baking sheet.

4. Remove the biscuits with the baking parchment from the baking sheet and leave to cool down. Dust the ring-shaped biscuits with icing (confectioner’s) sugar, coat 35–40 of the plain biscuits with a thin layer of redcurrant or other jelly which has been stirred to obtain a smooth consistency. Now place a ring-shaped biscuit coated in icing (confectioner’s) sugar on top of each plain biscuit coated with the jelly.

5. Coat half of the remaining biscuits with the jelly and put the other half on top. Chop up the chocolate coarsely, melt in a container in a bain-marie over low heat and pour over the plain biscuits or dust them with icing (confectioner’s) sugar.

Tip: It is easier to put the biscuits on the baking sheet first and then cut out the centres.
**Variation:** Instead of using jelly, the biscuits can be coated with nougatine (warm up over a bain-marie and stir to obtain a smooth consistency).
32 | Angels’ eyes

Sophisticated–easy (about 140 pieces/3 baking sheets)

Preparation time: about 40 minutes, excluding cooling time
Baking time: about 15 minutes per baking sheet

For the baking sheet:
- baking parchment

For the shortcrust pastry:
- 250 g/9 oz (2 1/2 cups) plain (all-purpose) flour
- 1 level teaspoon baking powder
- 100 g/3 1/2 oz (1/2 cup) sugar
- 3 drops vanilla essence in 1 tablespoon sugar
- 1 pinch salt
- yolks of 3 medium eggs
- 150 g/5 oz (2/3 cup) soft butter or margarine

In addition:
- whites of 2 medium eggs
- 75 g/2 1/2 oz blanched chopped almonds
- 4 tablespoons redcurrant or other jelly
- 2 teaspoons water

Per piece:
- P: 1 g, F: 1 g, C: 2 g, kJ: 97, kcal: 23

1. To make the dough, mix together the flour and baking powder, sift into a mixing bowl, add the other ingredients and stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting until the dough is formed. Then form it into a ball using your hands. Wrap the dough in clingfilm and put in the refrigerator for 30 minutes.

2. Meanwhile preheat the oven and line the baking sheet with baking parchment.

3. Mould the dough into 7 cylinders (40 cm/16 in long), cut into pieces 2 cm/3/4 in long and then form them into small balls.

4. Whisk the egg whites with a fork. Dip one side of each ball of dough in the beaten egg white, then press into the chopped almonds. Then place the balls of dough with the non-almond side downwards on the baking sheet and make a hollow in each ball of dough using the handle of a wooden spoon. Put the baking sheet in the oven.

   Top/bottom heat: about 180 °C/350 °F (preheated),
   Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
   Baking time: about 15 minutes per baking sheet.

5. When the biscuits are done, remove from the baking sheet with the baking parchment and put on a rack (with the baking parchment) to cool down.

6. Bring the jelly with water to the boil and fill the hollowed centre of the biscuits using a teaspoon.
Tip: Redcurrant or raspberry jelly are the most suitable for the purpose. But yellow jam can also be used, which should first be rubbed through a sieve. If the jelly begins to set again, warm it up once more.
33 | Florentine biscuits

Classic (about 100 pieces/3 baking sheets)

Preparation time: about 40 minutes, excluding cooling time
Baking time: about 20 minutes per baking sheet

For the baking sheet:
some fat
baking parchment

For the shortcrust pastry:
150 g/5 oz (1 1/3 cup) plain (all-purpose) flour
50 g/1 3/4 oz (4 tablespoons) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 medium egg
75 g/2 1/2 oz (3/8 cup) soft butter or margarine

For the filling:
50 g/2 oz butter
50 g/1 3/4 oz (4 tablespoons) sugar
4 teaspoons runny honey
125 ml/4 fl oz (1/2 cup) whipping cream
50 g/2 oz candied cherries
100 g/3 1/2 oz blanched chopped almonds
100 g/3 1/2 oz chopped hazelnut kernels
4 teaspoons ground hazelnut kernels

For the coating:
100 g/3 1/2 oz plain chocolate

Per piece:
P: 7 g, F: 31 g, C: 33 g, kJ: 183, kcal: 44

1. Preheat the oven. Grease the baking sheet and line with baking parchment.

2. To make the dough, sift the plain (all-purpose) flour in a mixing bowl, add the other ingredients and stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting until the dough is formed. Then roll it into a ball using your hands.

3. Roll the dough out thinly, cut out round biscuits (diameter about 5 cm/2 in) and put them on the greased baking sheet lined with baking parchment, and pre-bake until light golden yellow.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 8 minutes per baking sheet.

4. Leave the biscuits to cool down on the baking sheet placed on a rack.

5. To make the filling, melt together the butter, sugar and honey in a small saucepan while stirring, heat up and cook until the mixture begins to brown. Add the whipped cream and stir until the sugar has dissolved.
6. Cut the candied cherries into pieces and add to the whipped cream, butter and sugar mixture together with the almonds and hazelnuts. Cook over low heat while stirring until the mixture has thickened. Leave to cool for about 10 minutes, then spoon the mixture with 2 teaspoons onto the cooled biscuits. Put the baking sheet back in the oven and bake the biscuits at the same temperature for about 12 minutes until done.

7. Remove the biscuits with the baking parchment from the baking sheet and put on a wire rack to cool down.

8. To make the coating, coarsely chop the chocolate and melt in a container in a bain-marie over low heat. Coat the underside of the biscuits with a thin layer of chocolate. Put the biscuits on baking parchment until the chocolate has set.

Tip: If the dough is too soft, wrap in clingfilm and refrigerate for about 30 minutes.

Variation: To make 20–25 large Florentine biscuits, cut out circles (diameter 8.5 cm/3½ in) and pre-bake as described in the recipe, then spread the filling on top. The second stage of the baking is about 15 minutes.
Heidesand

Classic (about 160 pieces/ 4 baking sheets)

Preparation time: about 60 minutes, excluding cooling time
Baking time: about 15 minutes per baking sheet

For the baking sheet:
baking parchment

For the shortcrust pastry:
250 g/9 oz (1⅛ cup) softened butter or margarine
250 g/9 oz (1⅛ cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt
4 teaspoons milk
350 g/12 oz (3½ cups) plain (all-purpose) flour
1 level teaspoon baking powder

Per piece:
P: 1 g, F: 1 g, C: 3 g, kJ: 107, kcal: 26

1. Melt the butter in a pan, allow to brown lightly, then pour into a mixing bowl and refrigerate for about 45 minutes.

2. Soften the hardened butter again using a hand mixer with whisk, set at the highest setting. Gradually stir in the sugar, vanilla sugar, salt and milk. Continue stirring until the mixture becomes creamy.

3. Mix together the flour and baking powder, sift and stir ⅔ of it into the butter, sugar and milk mixture, using a hand mixer at the medium setting. Knead the rest of the flour into the dough until it is smooth. Shape into cylinders 3 cm/1⅛ in thick, then refrigerate until they become hard.

4. Meanwhile, preheat the oven and line the baking sheet with baking parchment. Cut the hardened rolls into slices about ⅛ cm/⅛ in thick and put on the baking sheet. Put the baking sheet in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 15 minutes per baking sheet.

5. Remove the biscuits with the baking parchment from the baking sheet and leave to cool down on the baking parchment on a wire rack.

Tips: Roll the cylinders of dough in brown or white sugar before cutting into slices.
Stored in airtight containers, the biscuits will keep for about 3 weeks.
35 | Terrace biscuits

For gifts (about 60 pieces/3 baking sheets)

Preparation time: about 50 minutes, excluding cooling time
Baking time: about 10 minutes per baking sheet

For the baking sheet:
baking parchment

For the shortcrust pastry:
300 g/10 oz (3 cups) plain (all-purpose) flour
2 level teaspoons baking powder
100 g/31/2 oz (1/2 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 medium egg
150 g/5 oz (3/4 cup) soft butter or margarine

For the spread and dusting:
80 g/3 oz red jelly, such as redcurrant jelly
4 teaspoons icing (confectioner’s) sugar

Per piece:
P: 1 g, F: 2 g, C: 7 g, kJ: 207, kcal: 50

1. To make the dough, mix together the flour and baking powder, sift into a mixing bowl and add the other ingredients. Stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting until the dough is formed. Then roll it into a ball using your hands. Wrap the dough in clingfilm and refrigerate for about 30 minutes.

2. Meanwhile, preheat the oven and line the baking sheet with baking parchment.

3. Roll out the dough in small amounts to a thickness of about 1/2 cm/3/16 in and cut out biscuits of similar shape and in similar numbers but in 3 different sizes (diameter 4 cm, 3 cm, 1.5 cm/ 2 1/2 in, 1 1/4 in, 5/8 in). Place the biscuits on the baking sheet lined with baking parchment and put in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 10 minutes per baking sheet.

4. Remove the biscuits together with the baking parchment from the baking sheet and place on a wire rack, still on the baking parchment, to cool down.

5. Stir the jelly to a smooth consistency. Coat the underside of the two smaller sized biscuits with this jelly and arrange terraced on top of the larger biscuit. Dust the biscuits with icing (confectioner’s) sugar.

Tip: Only bake biscuits of the same size on a baking sheet so that they brown evenly.
36 | English butter biscuits

Good for preparing in advance (about 70 pieces/2 baking sheets)

Preparation time: about 20 minutes, excluding cooling time
Baking time: about 10 minutes per baking sheet

For the baking sheet:
baking parchment

For the shortcrust pastry:
200 g/7 oz (2 cups) plain (all-purpose) flour
100 g/3 1/2 oz (1/2 cup) cane sugar
3 drops vanilla essence in 1 tablespoon sugar
125 g/4 1/2 oz (5/8 cup) soft butter

Per piece:
P: 1 g, F: 2 g, C: 4 g, kJ: 120, kcal: 29

1. To make the cake mixture, sift the plain (all-purpose) flour in a mixing bowl, add the other ingredients and stir with a hand mixer with kneading hook, first briefly at the lowest setting, then for 2 minutes at the highest setting. Then knead briefly on a lightly floured worktop.

2. Make cylinders 4 cm/2 1/2 in thick from the dough and refrigerate for about 2 hours until they have hardened sufficiently.

3. Preheat the oven and line the baking sheet with baking parchment. Cut the cylinders into slices about 1/2 cm/3/16 in thick, put on the baking sheet and put it in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 10 minutes per baking sheet.

4. Take out of the oven, remove the biscuits from the baking sheet with the baking parchment and leave to cool down on wire rack. ..

Tip: Butter biscuits will keep for about 3 weeks in a well-sealed container.
37 | Wine biscuits

Sophisticated (about 140 pieces/3 baking sheets)

Preparation time: about 45 minutes
Baking time: about 15 minutes per baking sheet

For the baking sheet:
baking parchment

For the shortcrust pastry:
375 g/13 1/2 oz (3 3/4 cups) plain (all-purpose) flour
1 level teaspoon baking powder, 125 g/4 1/2 oz (3/4 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
2 tablespoons white wine
200 g/7 oz (1 cup) soft butter

For the topping:
whites of 2 medium eggs
40 g/1 1/2 oz (4 tablespoons) sugar, some ground cinnamon,
50 g/2 oz blanched chopped almonds

Per piece:
P: 1 g, F: 1 g, C: 3 g, kJ: 113, kcal: 27

1. To make the dough, mix together the flour and baking powder, sift into a mixing bowl, add the other ingredients
   for the dough and stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest
   setting until the dough is formed. Then roll it into a ball using your hands. Wrap in clingfilm and refrigerate for
   about 30 minutes.

2. Preheat the oven and line the baking sheet with baking parchment. Roll out the dough in small portions
   1/2 cm/3/16 in thick, cut out with pastry cutter and put on the baking sheet.

3. To make the topping, beat the egg whites until they are very stiff. Spread the beaten egg whites thinly on the
   biscuits. Mix together the sugar and cinnamon, sprinkle over the biscuits and scatter the almonds on top. Put the
   baking sheet in the oven.

   Top/bottom heat: about 180 °C/350 °F (preheated),
   Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
   Baking time: about 15 minutes per baking sheet.

4. Take out of the oven, remove the biscuits from the baking sheet with the baking parchment and leave to cool
   down on wire rack (still on the baking parchment).

Tip: If there is not enough egg white to go round, sprinkle the rest of the biscuits with cinnamon and sugar.
38 | Fine almond biscuits

For guests–good for preparing in advance (about 100 pieces/3 baking sheets)

Preparation time: about 30 minutes
Baking time: about 15 minutes per baking sheet

For the baking sheet:
baking parchment

For the shortcrust pastry:
375 g/13 1/2 oz (3 1/2 cups) plain (all-purpose) flour
1 level teaspoon baking powder, 125 g/4 1/2 oz (5/8 cup) sugar, 3 drops vanilla essence in 1 tablespoon sugar, 1 pinch salt, 2 drops almond essence, grated zest of 1 untreated lemon, 1 medium egg
250 g/9 oz (1 1/2 cups) soft butter or margarine
100 g/3 1/2 oz blanched chopped almonds

For the coating:
150 g/5 oz plain chocolate
2 teaspoons cooking oil

Per piece:
P: 1 g, F: 3 g, C: 5 g, kJ: 219, kcal: 52

1. To make the dough, mix together the flour and baking powder, sift into a mixing bowl, add the other ingredients and stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting until the dough is formed. Then roll it into a ball using your hands. Roll the dough out to make a rectangle (22 x 14 cm/8 1/2 x 5 1/2 in) and refrigerate overnight.

2. The following day, preheat the oven and line the baking sheet with baking parchment. Cut the dough into strips (of 22 x 3.5 cm/8 1/2 x 1 3/8 in), then cut the strips into slices 1/2–1 cm/3/16–3/8 in wide and put on the baking sheet.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 15 minutes per baking sheet.

3. Take out of the oven, remove the biscuits from the baking sheet with the baking parchment and leave to cool down on a wire rack.

4. To make the chocolate coating, coarsely chop the chocolate and melt together with the oil in a bain-marie over low heat, stirring continuously. Half-dip the cooled biscuits into the melted chocolate, put back on the baking parchment and leave the chocolate to set.
39 | Nut triangles

Classic—For guests (about 140 pieces)

Preparation time: about 30 minutes, excluding cooling time
Baking time: about 25 minutes

For a baking sheet (40 x 30 cm/16 x 12 in):
  - some fat
  - aluminium foil

For the shortcrust pastry:
  - 225 g/8 oz (2 1/4 cups) plain (all-purpose) flour
  - 1 level teaspoon baking powder
  - 100 g/3 1/2 oz (1/2 cup) sugar
  - 3 drops vanilla essence in 1 tablespoon sugar
  - 1 medium egg
  - yolk of 1 medium egg
  - 100 g/3 1/2 oz (1/8 cup) soft butter or margarine

For the topping:
  - 2 tablespoons apricot preserve
  - 150 g/5 oz (3/4 cup) butter
  - 150 g/5 oz (3/4 cup) sugar
  - 6 drops vanilla essence in 1 tablespoon sugar
  - 2 tablespoons water
  - 100 g/3 1/2 oz ground hazelnut kernels
  - 200 g/7 oz flaked hazelnut kernels

For the coating:
  - 200 g/7 oz plain chocolate

Per piece:
  - P: 1 g, F: 3 g, C: 4 g, kJ: 204, kcal: 49

1. Preheat the oven and grease the baking sheet.

2. To make the dough, mix together the flour and baking powder, sift into a mixing bowl and add the other ingredients. Stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting until the dough is formed. Then roll it into a cylinder using your hands. Roll out the dough on the greased baking sheet.

3. For the topping, spread the jam on the dough. Melt the butter together with the sugar, vanilla sugar and water in a pan, stirring continuously. Add the ground and flaked hazelnut kernels to the mixture and stir well. Leave the mixture to cool down a little and spread evenly over the dough. Put a piece of aluminium foil for the dough to make an edge. Put the baking sheet in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 25 minutes per baking sheet.
4. Leave the biscuits to cool down on the baking sheet placed on a wire rack. Cut into squares (4 x 4 cm/\(2\frac{1}{2}\) x \(2\frac{1}{2}\) in) and then cut diagonally into triangles.

5. To make the coating, coarsely chop the chocolate and melt in a bain-marie over low heat while stirring. Dip the two pointed corners of the triangles into the melted chocolate and allow to set.

**Tips:** Instead of the dipping the corners of the triangles in the melted chocolate, you can spatter the triangles with the melted chocolate after cutting up. But then use only 100 g/3\(\frac{1}{2}\) oz chocolate. Stored in air-tight container, the biscuits will keep for about 2 weeks.
Leipziger Lerchen (typical Saxon speciality)

Good for preparing in advance (12 pieces)

Preparation time: about 30 minutes
Baking time: about 25 minutes

For 12 moulds (bottom diameter about 4 cm/1 1/2 in, top about 8 cm/3 in, depth 3–4 cm/1 1/4–1 1/2 in):

some fat

For the shortcrust pastry:
200 g/7 oz (2 cups) plain (all-purpose) flour
1/2 level teaspoon baking powder
75 g/2 1/2 oz (3/8 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt
4 teaspoons water
100 g/3 1/2 oz (1/2 cup) soft butter or margarine

100 g/3 1/2 oz apricot preserve

For the filling:
80 g/3 oz (generous 3/8 cup) soft butter
125 g/4 1/2 oz (5/8 cup) sugar
1 pinch salt, 1 medium egg
white of 1 medium egg
100 g/3 1/2 oz (1 cup) plain (all-purpose) flour
125 g/4 1/2 oz blanched ground almonds
1 drop almond essence
3 tablespoons milk
4 teaspoons rum

For the spread:
yolk of 1 medium egg
1 teaspoon milk

Per piece:
P: 6 g, F: 20 g, C: 41 g, kJ: 1547, kcal: 370

1. Preheat the oven and grease the small fluted moulds.

2. To make the dough, mix together the flour and baking powder, sift into a mixing bowl, add the other ingredients and stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting until the dough is formed. Then roll it into a ball using your hands.

3. Roll out the dough thinly and cut out 12 circles (diameter about 10 cm/4 in) and line the greased moulds with it. Using the rest of the dough, cut out 12 small stars and put to one side. Now put 1 tablespoonful jam in each of the moulds.

4. To make the filling, stir the softened butter in a mixing bowl to obtain a smooth consistency, using a hand mixer. Add the sugar, salt, egg and egg white and stir well. Sift the flour and add with the almonds, almond essence, milk
and rum to the butter mixture and stir well. Put this mixture in the moulds and decorate each with a star. Beat together the egg yolk and milk and coat the stars with it. Place the moulds on a shelf in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 25 minutes.

5. Leave the tartlets in the moulds for 10 minutes, then take out of the moulds and put on a wire rack to cool down.
Berliner Bobbes (typical Berlin speciality)

Classic—good for preparing in advance (20 pieces)

Preparation time: about 45 minutes, excluding cooling time
Baking time: about 15 minutes

baking parchment

For the shortcrust pastry:
375 g/13 1/2 oz (3 3/4 cups) plain (all-purpose) flour
40 g/1 1/2 oz (5 tablespoons) cornflour (cornstarch)
1 level teaspoon baking powder
150 g/5 oz (3/4 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
2 drops lemon essence
3 yolks of medium eggs
250 g/9 oz (1 1/4 cups) soft butter, 1 pinch salt

For the filling:
100 g/3 1/2 oz blanched chopped almonds
200 g/7 oz marzipan
60 g/2 oz (1 1/4 cup) sugar
100 ml/3 1/2 fl oz (1/2 cup) rum, 100 g/3 1/2 oz sultanas, 100 g/3 1/2 oz candied orange peel

For the crumble:
75 g/2 1/2 oz (3 1/4 cup) plain (all-purpose) flour
25 g/1 oz (2 tablespoons) sugar
1 pinch ground cinnamon
50 g/2 oz (4 tablespoons) soft butter

white of 1 medium egg
icing (confectioner’s) sugar

Per piece:
P: 5 g, F: 20 g, C: 40 g, kJ: 1564, kcal: 374

1. To make the dough, mix together the flour and baking powder, sift into a mixing bowl, add the other ingredients and stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting until the dough is formed. Then roll it into a ball using your hands. Wrap the dough in clingfilm and refrigerate for about 30 minutes.

2. To make the filling, roast the almonds in a pan without fat until golden brown and put on a plate to cool down. Cut the marzipan finely, put in a mixing bowl, add the sugar and rum and stir with a hand mixer with whisk until the mixture has become easy to spread.

3. Divide the dough in half. Roll each half on a floured work top to make a rectangle 35 x 30 cm (14 x 12 in) and cover with the marzipan mixture. Sprinkle the sultanas, roast almonds and candied orange peel on top. Roll up the dough loosely, starting with the longer edge, and refrigerate the rolls for about 20–30 minutes. Meanwhile, preheat the oven and line the baking sheet with baking parchment.
4. To make the crumble, sift the flour into a mixing bowl, add the sugar, cinnamon and softened butter and whisk with a hand mixer with whisk until the crumble has the right consistency. Coat the rolls with egg white and sprinkle the crumble on top. Press the crumble down lightly. Cut each roll into 10 pieces each 3.5 cm/1 3/8 in wide and put upright on the baking sheet lined with baking parchment. Put the baking sheet in the oven.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 15 minutes.

5. Put the baking sheet on wire rack and leave the pastries to cool. Dust with icing sugar before serving.

Tip: Berliner Bobbes will keep fresh for 3–4 days in an airtight container.
Nutty plaited loaf

Good for preparing in advance (about 16 pieces)

Preparation time: about 35 minutes
Baking time: about 40 minutes

For the baking sheet:
some fat

For the shortcrust pastry:
300 g/10 oz (3 cups) plain (all-purpose) flour
1 level teaspoon baking powder
100 g/3½ oz (½ cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
100 g/3½ oz (½ cup) soft butter or margarine
150 g/5 oz crème fraîche

For the filling:
200 g/7 oz ground hazelnut kernels
100 g/3½ oz (½ cup) sugar
1 medium egg
white of 1 medium egg
2–3 drops almond essence
3 tablespoons water

For the coating:
yolk of 1 medium egg
1 teaspoon milk

For the apricot glaze:
4 teaspoons apricot preserve
2 teaspoons water

Per piece:
P: 5 g, F: 17 g, C: 29 g, kJ: 1191, kcal: 285

1. Preheat the oven at the top and bottom and grease the baking sheet.

2. To make the dough, mix together the flour and baking powder, sift into a mixing bowl, add the other ingredients and stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting until the dough is formed. Then roll it into a cylinder.

3. To make the filling, stir all the ingredients together in a bowl and mix well.

4. Roll out the dough to make a rectangle (of about 40 x 35 cm/ 16 x 14 in) and spread the filling on top, leaving about 1 cm/⅜ in along the edges without filling.

5. Roll up the dough starting from the long edge. Now cut the roll in half lengthways along the middle. Make sure that the cut is exactly in the middle so that the plait will be even. Plait the strands of dough with the cut surface upwards, put on the greased baking sheet and press the ends together.
6. Beat together the egg yolk and milk and coat the plait with it. Put the baking sheet in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),  
Fan oven: about 160 °C/325 °F (not preheated),  
Gas mark 4 (not preheated),  
Baking time: about 40 minutes.

7. To make the apricot glaze, rub the apricot jam through a sieve, boil with the water in a pan to thicken and coat the plait with it immediately after removing it from the oven.
Kalter Hund ("Cold dog")

Classic–For children (about 20 pieces)

Preparation time: about 65 minutes, excluding cooling time

For a rectangular tin (25 x 11 cm):
1 large freezer bag

Chocolate mixture:
150 g/5 oz plain chocolate
450 g/16 oz full milk chocolate
150 g/5 oz coconut fat
200 ml/7 fl oz (7/8 cup) whipping cream
2 sachets vanilla sugar or 6 drops vanilla essence in 3 tablespoons sugar

In addition:
about 250 g/9 oz butter biscuits

Per piece:
P: 4 g, F: 19 g, C: 23 g, kJ: 1167, kcal: 279

1. Line the rectangular tin or bread tin with a freezer bag cut open for the purpose.

2. To make the chocolate mixture, coarsely chop the milk and plain chocolate. Finely chop the coconut fat, put in a pan with the chocolate and cream and melt, stirring well. Finally, stir in the vanilla sugar.

3. Line the prepared tin with a layer of butter biscuits, breaking the biscuits into pieces if necessary. Spread some of the chocolate mixture on top, just enough to cover the biscuits. Fill the tin with alternate layers of chocolate mixture and biscuits (7–8 layers).

4. Refrigerate the tin for about 5 hours or, even better, overnight so that the chocolate mixture sets properly.

5. Remove from the tin by loosening with a knife and pulling gently at the freezer bag. Place it very gently on a plate and carefully pull off the freezer bag. It is best served chilled and cut in slices.

Tip: You can also add 2 tablespoons of grated orange zest to the chocolate mixture.
44 | Redcurrant meringue tart

Fruity (about 12 pieces)

Preparation time: about 45 minutes
Baking time: about 72 minutes

For a springform tin (diameter 26 cm/10 in):
some fat

For the shortcrust pastry:
250 g/9 oz (2\(\frac{1}{2}\) cups) plain (all-purpose) flour
65 g/2 oz (\(\frac{1}{4}\) cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt
1 medium egg
125 g/4\(\frac{1}{2}\) oz (\(\frac{5}{8}\) cup) soft butter or margarine

In addition:
2 teaspoons plain (all-purpose) flour

For the filling:
500 g/18 oz redcurrants whites of 5 medium eggs
175 g/6 oz (\(\frac{7}{8}\) cup) sugar
100 g/3\(\frac{1}{2}\) oz blanched chopped almonds
60 g/2 oz (6 tablespoons) cornflour (cornstarch)

Per piece:
P: 6 g, F: 14 g, C: 44 g, kJ: 1389, kcal: 332

1. Preheat the oven and grease the base of a springform tin.

2. To make the dough, sift the flour into a mixing bowl, add the other ingredients and stir with a hand mixer with
kneading hook, first briefly at the lowest setting, then at the highest setting until the dough is formed. Then roll it
into a ball using your hands.

3. Roll out two-thirds of the dough and line the base of the spring-form tin. Knead 2 teaspoons flour into the rest of
the dough and roll into a long cylinder. Place this round the base and press against the sides of the mould to form an
edge 4 cm/1\(\frac{1}{2}\) cm high. Prick the base here and there with a fork, put on a shelf in the bottom third of the oven and
pre-bake the dough case.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 12 minutes.

4. To make the filling, wash the redcurrants, drain and remove from the stalks. Beat the egg whites until very stiff
and gradually fold in the sugar. Now carefully incorporate the almonds and cornflour and finally stir in the
redcurrants.

5. Spoon the redcurrant and egg white mixture into the pastry case while it is still hot to form a dome. Return the
mould to the bottom third of the oven and bake the tart until golden brown.
Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 60 minutes.

6. Let the tart cool down in the mould for 1–2 hours and then remove it very carefully from the mould.

Tips: Serve with whipped cream.  
To beat the egg whites very stiff you must ensure that the bowl and whisk are completely free of fat and that there are no traces of egg yolk in the egg white.  
Any remaining egg yolk can be used to make Berliner Bobbes.
45 | Cherry crumble cake

Fruity—for children (about 12 pieces)

Preparation time: about 60 minutes, excluding cooling time
Baking time: about 52 minutes

For a springform tin (diameter 26 cm/10 in):
some fat

For the shortcrust pastry:
150 g/5 oz (1 1/3 cup) plain (all-purpose) flour
1 pinch baking powder
100 g/3 1/2 oz (1/2 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt
1 medium egg
100 g/3 1/2 oz (1/4 cup) soft butter or margarine

For the filling:
1 kg/2 1/4 lb sour cherries
100 g/3 1/2 oz (1/2 cup) sugar
20 g/1 oz (2 tablespoons) cornflour (cornstarch)
about 2 teaspoons sugar

For the crumble:
150 g/5 oz (1 1/3 cup) plain (all-purpose) flour
100 g/3 1/2 oz (1/2 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
100 g/3 1/2 oz (1/4 cup) soft butter or margarine

Per piece:
P: 4 g, F: 15 g, C: 55 g, kJ: 1565, kcal: 374

1. To make the dough, mix together the flour and baking powder, sift into a mixing bowl and add the other ingredients. Stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting until the dough is formed. Then roll it into a ball using your hands. Wrap in clingfilm and refrigerate for about 20–30 minutes.

2. Meanwhile, preheat the oven and grease the base of the spring-form tin. Wash the cherries, drain, remove the stalks and stones. Stir in the sugar, mix well and let stand for a while for the sugar to draw the juice.

3. Roll out two-thirds of the dough and line the greased base of the springform tin. Prick here and there with a fork and put the ring of the springform tin back around the base. Put the springform tin on a shelf in the oven and pre-bake.

   Top/bottom heat: about 200 °C/400 °F (preheated),
   Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
   Baking time: about 12 minutes.

4. Put the springform tin on a wire rack and let the pastry base cool down a little.
5. Bring the cherries in their juice to the boil briefly in a pan, drain in a sieve, collect the juice and reserve 250 ml/8 fl oz (1 cup) of it, making up the quantity with water if necessary. Stir 4 tablespoons of this juice into the cornflour. Bring the rest of the juice to the boil, add the cornflour and juice mixture to the juice and bring back to the boil briefly. Stir in the cherries and add sugar to taste.

6. Shape the rest of the dough into a long cylinder and place round the base to form an edge, pressing it lightly against the side of the springform tin until it is about 2 cm/\(\frac{3}{4}\) in high. Now put the cherries on the pastry base.

7. To make the crumble, sift the flour in a mixing bowl and add the other ingredients for the crumble. Mix all the ingredients together with a hand mixer with whisk to make a crumble of the right consistency and spread over the cherries. Return the cake to the oven and bake at the same temperature for about 40 minutes until done.

8. Leave the cake in the mould for about 15 minutes. Then loosen the edges of the pie with a knife and carefully remove the ring. Loosen the base of the pie to detach it from the base of the springform tin but leaving it on it. Put on a wire rack to cool down, still on the springform tin base.
46 | Linzer Torte

Classic—good for preparing in advance (about 12 pieces)

Preparation time: about 30 minutes, excluding cooling time
Baking time: about 30 minutes

For a springform tin (diameter 28 cm/11 in):
some fat

For the shortcrust pastry:
225 g/8 oz (21⁄4 cups) plain (all-purpose) flour
1 level teaspoon baking powder, 125 g/41⁄2 oz (5⁄8 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 drop almond essence
1 pinch ground cloves
1 level teaspoon ground cinnamon
1 medium egg
white of 1 medium egg
125 g/41⁄2 oz (5⁄8 cup) soft butter or margarine
100 g/31⁄2 oz ground almonds, unblanched

For the topping:
100 g/31⁄2 oz raspberry preserve

For the spread:
yolk of 1 medium egg
1 teaspoon milk

Per piece:
P: 5 g, F: 15 g, C: 30 g, kJ: 1135, kcal: 271

1. To make the dough, mix together the flour and baking powder, sift into a mixing bowl and add the other ingredients for the dough. Stir with a hand mixer with kneading attachment, first briefly at the lowest setting, then at the highest setting until the dough is formed. Then roll it into a ball using your hands. Wrap the dough in clingfilm and refrigerate for about 30 minutes. Meanwhile, preheat the oven and grease the base of the springform tin.

2. Roll out half the dough to make a circle the size of the springform tin, and cut out 16–20 strips from it using a fluted pastry cutting wheel. Roll out the rest of the dough, line the base of the spring-form tin and put the ring around the springform tin base again.

3. For the topping, cover the base with the jam, leaving about 1 cm/3⁄8 in free of jam along the sides. Arrange the strip of dough in a lattice pattern. Beat together the egg yolk and milk, coat the strips of dough with it and put the mould in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 30 minutes.

4. Remove the ring, loosen the torte from the springform tin base without taking it off and put it on a wire rack to cool down.
**Variation:** To make Linzer slices, double the quantities, roll out the dough and put on a greased baking sheet (40 x 30 cm/16 x 12 in), cover with jam and decorate with strips of dough in a lattice pattern. Bake the cake as described above and cut into slices of the required size when cold.
Cheesecake with crumble

Preparation time: about 40 minutes, excluding cooling time
Baking time: about 85 minutes

For a springform tin (diameter 28 cm/11 in):

some fat

For the shortcrust pastry:

150 g/5 oz (1 1/3 cup) plain (all-purpose) flour
1/2 level teaspoon baking powder
75 g/2 1/2 oz (3/8 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt
1 medium egg
75 g/2 1/2 oz (3/8 cup) soft butter or margarine

For the filling:

whites of 3 medium eggs
250 ml/8 fl oz (1 cup) chilled whipping cream
750 g/1 1/2 lb curd cheese (low fat)
150 g/5 oz (3/4 cup) sugar
2 tablespoons lemon juice
50 g/2 oz (6 tablespoons) cornflour (cornstarch)
yolks of 3 medium eggs

For the crumble:

100 g/3 1/2 oz (1 cup) plain (all-purpose) flour
75 g/2 1/2 oz (3/8 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
75 g/2 1/2 oz (3/8 cup) soft butter or margarine

Per piece:

P: 14 g, F: 19 g, C: 48 g, kJ: 1771, kcal: 423

1. Preheat the oven and grease the base of the springform tin.

2. To make the dough, mix together the flour and baking powder, sift into a mixing bowl and add the other ingredients. Stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting until the dough is formed. Then roll it into a ball using your hands. Roll out two-thirds of the dough, line the greased base of the springform tin with it and put the ring back round the base. Prick the base several times, put the mould on a shelf in the oven and pre-bake the case.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 10 minutes.

3. After removing from the oven put the springform tin on a rack and let the cheesecake base cool down a little. Roll the rest of the dough into a long cylinder and place around the base, pressing lightly against the sides to form an
edge 3 cm/1\(\frac{1}{4}\) in high.

4. To make the filling, first beat the egg whites until they are very stiff, then whip the cream until stiff. Mix together the curd cheese, sugar, lemon juice, cornflour and egg yolk. Now fold the stiffly beaten egg whites and whipped cream into the cream cheese mixture and spread this mixture evenly over the cheesecake base.

5. To make the crumble, sift the plain (all-purpose) flour in a mixing bowl, add the other ingredients and stir with a hand mixer with whisk to make the crumble. Sprinkle the crumble evenly over the filling. Put the springform tin on a shelf in the oven and continue baking but at a lower temperature.

Top/bottom heat: about 160 °C/325 °F (preheated),
Fan oven: about 140 °C/285 °F (preheated), Gas mark 3 (preheated),
Baking time: about 75 minutes.

6. When done, turn off the oven but leave the cheesecake inside with the door slightly open for another 15 minutes to prevent the top from cracking. Then put the cheesecake on rack to cool down but without removing it from the mould.

Variation: To make a traditional cheesecake leave out the crumble.
48 | Engadiner Nusstorte (Engadine walnut pie)

Good for preparing in advance (about 12 pieces)

Preparation time: about 55 minutes, excluding cooling time
Baking time: about 45 minutes

For a springform tin (diameter 26 cm/10 in):

some fat

For the shortcrust pastry:
275 g/2 1/2 oz (3/4 cup) plain (all-purpose) flour
1 level teaspoon baking powder
100 g/3 1/2 oz (1/2 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt, 1 medium egg
150 g/5 oz (3/4 cup) soft butter or margarine

For the filling:
250 g/9 oz walnut kernels
225 g/8 oz (1 1/8 cup) sugar
200 ml/7 fl oz (7/8 cup) whipping cream
3–4 teaspoons runny honey
white of 1 medium egg

For the coating:
yolk of 1 medium egg
2 teaspoons water

For dusting:
ing (confectioner’s) sugar

Per piece:
P: 7 g, F: 30 g, C: 49 g, kJ: 2048, kcal: 489

1. To make the dough, mix together the flour and baking powder, sift into a mixing bowl and add the other ingredients. Stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting until the dough is formed. Then roll it into a ball using your hands. Wrap the dough in clingfilm and refrigerate until it is needed.

2. Meanwhile, heat the oven at the top and bottom. Grease the base of the springform tin.

3. To make the filling, coarsely chop the walnuts. Dissolve the sugar in a pan over medium heat and caramelize (only start stirring with a wooden or metal spoon once the sugar has begun to melt). Continue stirring until the sugar turns light brown. Stir in the walnuts and cream and bring to the boil. Add the honey and let the mixture cool a little. Then stir in the egg white.

4. Roll out half the dough and line the base of the springform tin. Put the ring back round the base. Roll out two-thirds of the remaining dough between clingfilm or cut-open freezer bags. Use the base of the springform tin as a template for the pie lid, placing it on the rolled out dough and cutting it out with a fluted pastry cutting wheel or knife. Roll the rest of the dough into a long cylinder, place it round the base and press against the ring to form an
5. Spread the filling evenly on the pastry base and cover with the pastry lid using the clingfilm to help transfer it, then peel off the clingfilm. Press the lid lightly round the edges and prick here and there with a fork. Beat the egg yolk with the water and coat the pie lid with it. Put the springform tin on a shelf in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (not preheated), Gas mark 4 (not preheated),
Baking time: about 45 minutes.

6. Release the springform ring and remove it. Loosen the pie from the springform base and put it on a rack to cool down, still on the springform base. Let the torte stand for at least 1 day.

7. Serve the torte dusted with icing sugar.
49 | Schlesische Mohntorte (Silesian poppy tart)

Classic (about 16 pieces)

Preparation time: about 45 minutes, excluding cooling time
Baking time: about 60 minutes

For a springform tin (diameter 28 cm/11 in):
some fat

For the shortcrust pastry:
250 g/9 oz (2 1/2 cups) plain (all-purpose) flour
2 level teaspoons baking powder, 125 g/4 1/2 oz (5/8 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt, 1 medium egg
4 teaspoons cold water
125 g/4 1/2 oz (1/8 cup) soft butter or margarine

For the topping:
1 litre/1 3/4 pints (4 1/2 cups) milk
150 g/5 oz (3/4 cup) butter
200 g/7 oz semolina flour
200 g/7 oz freshly ground poppy seeds
200 g/7 oz (1 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
100 g/3 1/2 oz curd cheese (low fat)
2 medium eggs
50 g/2 oz blanched ground almonds
50 g/2 oz raisins
4 teaspoons rum, 1 pear
icing (confectioner’s) sugar

Per piece:
P: 10 g, F: 25 g, C: 49 g, kJ: 1939, kcal: 463

1. To make the dough, mix together the flour and baking powder, sift into a mixing bowl and add the other ingredients. Stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting until the dough is formed. Then roll it into a ball using your hands.

2. To make the topping, bring the milk to the boil in a pan with the butter. Mix together the semolina and poppy seeds, sprinkle them into the milk and butter mixture, while stirring, and simmer over low heat for about 20 minutes. Remove from the heat and leave to cool down for about 10 minutes.

3. Preheat the oven at the top and bottom and grease the base of the springform tin.

4. Roll out half the dough and line the greased base of the spring-form tin. Roll the rest of the dough into a long cylinder and place it round the dough base, pressing lightly against the springform tin ring to form an edge 3 cm/1 1/4 in high.

5. Stir the sugar, vanilla sugar, curd cheese, eggs, almonds, raisins and rum into the poppy seed and semolina
mixture. Wash the pear, peel, cut into quarters, remove the core, grate and stir into the mixture. Pour this mixture into the dough base and smooth the surface flat. Put the springform tin on a shelf in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (not preheated), Gas mark 4 (not preheated),
Baking time: about 60 minutes.

6. Put the cake still in the springform tin on a rack to cool down. Loosen the edge of the torte with a knife and remove the ring. Dust with icing (confectioner’s) sugar before serving.

Tip: The torte is also delicious served slightly warm.
50 | Russischer Zupfkuchen

Popular (about 16 pieces)

Preparation time: about 90 minutes, excluding cooling time
Baking time: about 65 minutes

For a springform tin (diameter 28 cm/11 in):
some fat

For the shortcrust pastry:
375 g/13 1/2 oz (3 3/4 cups) plain (all-purpose) flour
40 g/1 1/2 oz (3/8 cup) cocoa powder
3 level teaspoons baking powder
200 g/7 oz (1 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 medium egg
200 g/7 oz (1 cup) soft butter or margarine

For the filling:
250 g/9 oz butter or margarine
500 g/18 oz curd cheese (low fat)
200 g/7 oz (1 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
3 medium eggs
40 g/1 1/2 oz (4 1/2 tablespoons) custard powder, vanilla flavour

Per piece:
P: 9 g, F: 26 g, C: 46 g, kJ: 1910, kcal: 456

1. To make the dough, mix together the flour with the cocoa powder and baking powder, sift into a mixing bowl and add the other ingredients for the dough. Stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting until the dough is formed. Then roll it into a ball using your hands. Wrap in clingfilm and refrigerate for about 30 minutes.

2. Meanwhile start making the filling by melting the butter or margarine in a pan, then leave it to cool. Heat the oven at the top and bottom and grease the base of the springform tin.

3. Roll out half the dough and line the greased base of the spring-form tin. Roll the rest of the dough into a long cylinder and place it round the dough base, pressing lightly against the springform tin ring to form an edge 2 cm/3/4 in high.

4. Continue making the filling by whisking together the curd cheese, sugar, vanilla sugar, eggs, custard powder and melted butter or margarine until a smooth homogenous mixture is obtained. Pour this mixture into the springform tin and smooth the surface flat. Next tear the rest of the dough into small pieces and scatter over the filling. Put the springform tin on a shelf in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (not preheated), Gas mark 4 (not preheated),
Baking time: about 65 minutes.
5. Leave the cake to cool in the mould placed on a rack.

**Variation:** For a "lighter" version, make the dough with 250 g/9 oz plain (all-purpose) flour, 30 g/1 oz ($\frac{1}{3}$ cup) cocoa powder, 2 level teaspoons baking powder, 125 g/4$\frac{1}{2}$ oz ($\frac{3}{8}$ cup) sugar, 3 drops vanilla essence in 1 tablespoon sugar, 1 medium egg and 125 g/4$\frac{1}{2}$ oz ($\frac{3}{8}$ cup) softened butter or margarine. Proceed as described in the recipe and transfer the dough into a springform tin (diameter 26 cm/10 in) as described in the recipe. Make the filling with 150 g/5 oz ($\frac{3}{4}$ cup) butter or margarine, 500 g/18 oz low fat curd cheese, 150 g/5 oz ($\frac{3}{4}$ cup) sugar, 3 drops vanilla essence in 1 tablespoon sugar, 3 medium eggs and 40 g/1$\frac{1}{2}$ oz ($4\frac{1}{2}$ tablespoons) custard powder as described in the recipe. Pour over the base, tear the rest of the dough into small pieces, scatter over the filling and bake following the instructions in the recipe but for 55 minutes.
51 | Friesische Streuseltorte (Friesian crumble torte)

For guests (about 12 pieces)

Preparation time: about 50 minutes, excluding cooling time
Baking time: 15 minutes per layer

For a springform tin (diameter 28 cm/11 in):
some fat

For the shortcrust pastry:
250 g/9 oz (2½ cups) plain (all-purpose) flour
1 pinch baking powder
6 drops vanilla essence in 3 tablespoons sugar
150 g/5 oz crème fraîche
175 g/6 oz (7/8 cup) soft butter or margarine

For the crumble:
150 g/5 oz (1½ cup) plain (all-purpose) flour
75 g/2½ oz (3/8 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 pinch ground cinnamon
100 g/3½ oz (1½ cup) soft butter or margarine

For the filling:
500 ml/17 fl oz (2½ cups) chilled whipping cream
25 g/1 oz (2 tablespoons) sugar
3 drops vanilla essence in 1 tablespoon sugar
450 g/16 oz plum purée

icing (confectioner’s) sugar

Per piece:
P: 5 g, F: 36 g, C: 55 g, kJ: 2336, kcal: 558

1. Prepare the oven and grease the base of the springform tin.

2. To make the dough, mix together the flour and baking powder, sift into a mixing bowl, add the other ingredients for the dough. Stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting until the dough is formed. Then divide the dough into 4 equal portions and shape into balls using your hands. Roll out one portion evenly and line the base of the springform tin, prick several times with a fork and put the ring of the springform tin back round the base.

3. To make the crumble, sift the flour into a mixing bowl and add the other ingredients. Add the softened butter and stir with a hand mixer with whisk to make a crumble. Sprinkle a quarter of the crumble on the dough base and put the springform tin in the oven. Make the other three layers in the same way and bake.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 15 minutes per layer.
4. Remove the cake layers immediately from the springform tin, cut one of the layers into 12 slices while still warm and leave the layers to cool on a rack, not stacked on each other.

5. To make the filling, beat the whipping cream with the sugar and vanilla sugar until stiff. Put a small amount at a time into a piping bag with a star-shaped nozzle (diameter 8 mm/⅜ in). Cover each of the 3 unsliced layers with one-third of the plum purée, pipe one-third of the whipped cream around it and assemble to make the torte, placing the sliced layer on top. Refrigerate the torte for about 1 hour and dust with icing sugar just before serving if desired.
52 | Buttermilk slices with cherries

Refreshing (about 12 pieces)

Preparation time: about 45 minutes, excluding cooling time
Baking time: about 15 minutes

For the baking sheet:
some fat, 1 baking frame

For the shortcrust pastry:
200 g/7 oz (2 cups) plain (all-purpose) flour
1 level teaspoon baking powder
100 g/3½ oz (½ cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 medium egg
yolk of 1 medium egg
100 g/3½ oz (⅔ cup) soft butter or margarine

For the topping:
12 sheets gelatine
500 ml/17 fl oz (2⅓ cups) buttermilk
150 g/5 oz (⅔ cup) sugar
4 tablespoons grated lemon zest
500 ml/17 fl oz (2⅓ cups) chilled whipping cream

For the cherry compote:
1 can or jar sour cherries (drained weight 350 g/12 oz)
100 ml/3½ fl oz (⅔ cup) cherry juice (from the can or jar),
10 g/⅓ oz (1 tablespoon) cornflour (cornstarch)
25 g/1 oz (2 tablespoons) sugar

Per piece:
P: 7 g, F: 21 g, C: 47 g, kJ: 1693, kcal: 404

1. Preheat the oven and grease the baking sheet.

2. To make the dough, mix together the flour and baking powder, sift into a mixing bowl and add the other ingredients. Stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting until the dough is formed. Then roll it into a cylinder using your hands.

3. Roll out the dough on the greased baking sheet to make a square (25 x 25 cm/10 x 10 in), prick several times with a fork and put the baking frame (25 x 25 cm/10 x 10 in) round it. Put the baking sheet in the oven.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 15 minutes.

4. When the base is cooked, put it on a rack without removing it from the baking sheet or taking away the baking frame.
5. To make the topping, soak the gelatine following the instructions on the packet, then squeeze lightly and dissolve. Stir together the buttermilk, sugar and lemon zest. First, stir about 4 tablespoons of the buttermilk into the dissolved gelatine, using a whisk, then stir in the rest of the buttermilk. Whip the cream stiff. As soon as the mixture begins to thicken, fold in the whipped cream. Spread the buttermilk and cream mixture on the cooled base and smooth the surface flat. Using a pastry comb, decorate the surface with a wavy pattern, then refrigerate for about 2 hours.

6. To make the stewed cherries, drain the cherries thoroughly in a colander, collect the juice and reserve 100 ml/3 1/2 fl oz (1/2 cup). Whisk together the cornflour with 4 tablespoons of this juice. Bring the rest of the juice to the boil, stir in the juice and cornflour mixture and bring briefly to the boil. Stir in the drained cherries, add sugar to sweeten and leave to cool down.

7. Carefully loosen the baking frame using a knife and remove. Cut the cake into slices, put some stewed cherries on each slice and leave to cool down a little before serving.
**53 | Poppy seed cheesecake**

**Popular (about 20 pieces)**

**Preparation time:** about 40 minutes  
**Baking time:** about 50 minutes

For the shortcrust pastry:
- 375 g/13 1/2 oz (3 3/4 cups) plain (all-purpose) flour
- 1 level teaspoon baking powder
- 2 medium eggs
- 75 g/2 1/2 oz (3/8 cup) sugar
- 3 drops vanilla essence in 1 tablespoon sugar
- 175 g/6 oz (7/8 cup) soft butter or margarine

For the curd cheese filling:
- 75 g/2 1/2 oz (3/8 cup) butter
- Whites of 3 medium eggs
- 750 g/1 1/2 lb curd cheese (low fat)
- 150 g/5 oz (1 1/4 cup) sugar
- Yolks of 3 medium eggs
- 1 pinch salt, grated zest of 1/2 untreated lemon
- 40 g/1 1/2 oz (4 1/2 tablespoons) custard powder

For the poppy seed topping:
- 250 g/9 oz ground poppy seeds
- 100 g/3 1/2 oz (1 1/2 cup) sugar
- 4 teaspoons runny honey
- 2 medium eggs
- 100 g/3 1/2 oz sultanas

For the apricot glaze:
- 5–6 heaped tablespoons apricot preserve
- 2 tablespoons water

**Per piece:**
- P: 10 g, F: 16 g, C: 41 g, kJ: 1386, kcal: 331

1. Preheat the oven at the top and bottom and grease the baking sheet (40 x 30 cm/16 x 12 in) with fat.

2. To make the dough, mix together the flour and baking powder, sift into a mixing bowl and add the other ingredients. Stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting until the dough is formed. Then roll it into a ball using your hands.

3. To make the curd cheese filling, melt the butter and leave it to cool down. Beat the egg white until stiff. Mix together the curd cheese, egg yolk, salt, grated lemon peel, melted butter and cheesecake mix. Fold in the beaten egg white.

4. To make the poppy seed topping, stir together the poppy seeds, sugar, honey, eggs and sultanas. Roll out the dough, line the greased baking sheet and spread the curd cheese filling on top. Then cover with the poppy seed topping. Roll out the rest of the dough thinly, cut into strips about 1 cm/1/8 in wide with a pastry cutting wheel and arrange the strips in a lattice pattern over the cake. Put the baking sheet in the oven.
Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (not preheated), Gas mark 4 (not preheated),
Baking time: about 50 minutes.

5. To make the apricot glaze, rub the apricot jam through a sieve, boil with water in a pan to thicken and brush it over the strips of dough. Place the baking sheet on a rack and leave the cake to cool down on it.
54 | Covered apple pie

Popular (about 20 pieces)

Preparation time: about 50 minutes, excluding cooling time
Baking time: about 25 minutes

For a baking sheet (40 x 30 cm/ 16 x 12 in):
some fat

For the filling:
1.5 kg/31⁄4 lb apples
50 g/13⁄4 oz (4 tablespoons) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 pinch ground cinnamon
30 g/1 oz raisins
50 g/13⁄4 oz (4 tablespoons) butter
about 50 g/13⁄4 oz (4 tablespoons) sugar

For the shortcrust pastry:
400 g/14 oz (4 cups) plain (all-purpose) flour
4 level teaspoons baking powder
70 g/21⁄2 oz (3⁄8 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
2 medium eggs
3 tablespoons milk
150 g/5 oz (3⁄4 cup) soft butter or margarine

For the coating:
yolk of 1 medium egg
2 teaspoons milk
50 g/2 oz blanched flaked almonds

Per piece:
P: 4 g, F: 11 g, C: 33 g, kJ: 1040, kcal: 249

1. Preheat the oven and grease the baking sheet.

2. To make the apple filling, wash the apples, peel, quarter and core them and cut into sticks or small pieces. Lightly braise the apples together with the sugar, vanilla sugar and butter in a pan while stirring. Leave to cool and season with sugar.

3. To make the dough, mix together the flour and baking powder, sift into a mixing bowl and add the other ingredients. Stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting until the dough is formed. Then roll it into a cylinder using your hands.

4. Roll out half the dough thinly to the same size as the baking sheet. Place a piece of paper of similar size on top and carefully roll up together. Roll out the rest of the dough to line the greased baking sheet. Spread the apple filling on top and unroll the piece of dough and cover.

5. Beat together the egg yolk and milk, brush over the lid and scatter the flaked almonds on top. Carefully prick the
lid here and there with a fork and put in the oven.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 25 minutes.

**Tip:** The cake can also be baked in a springform tin (diameter 26 cm/10 in), in which case the quantities of dough and filling are halved.
Savoy cabbage pie

For guests (about 12 pieces)

Preparation time: about 50 minutes, excluding cooling time
Baking time: about 45 minutes

For a springform tin (diameter 26 cm/10 in):

some fat

For the shortcrust pastry:
200 g/7 oz (2 cups) plain (all-purpose) flour
1 level teaspoon baking powder
1 medium egg
1 pinch salt
125 g/4\(\frac{1}{2}\) oz (\(\frac{5}{8}\) cup) soft butter

For the filling:
1 head Savoy cabbage (1 kg/2\(\frac{1}{4}\) lb)
100 g/3\(\frac{1}{2}\) oz onions
4 teaspoons cooking oil
200 ml/7 fl oz (\(\frac{7}{8}\) cup) meat stock
salt
curry powder
coarsely ground pepper
3 large eggs

Per piece:
P: 6 g, F: 13 g, C: 14 g, kJ: 826, kcal: 198

1. Preheat the oven. Grease the base of the springform tin.
2. To make the dough, mix together the flour and baking powder, sift into a mixing bowl and add the other ingredients. Stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting until the dough is formed. Then roll it into a ball using your hands.
3. To make the filling, remove all the coarse outer leaves, cut the cabbage into quarters and cut the inner stalk. Rinse the cabbage, drain and cut into fine strips. Peel the onions and cut into thin slices. Heat the oil in a large pan, add the sliced onion and braise. Now add the cabbage and meat stock, cover and braise for 15 minutes, stirring occasionally. Finally, season with salt, curry powder and pepper. Leave the cabbage to cool down slightly.
4. Roll out two-thirds of the dough and line the base of the spring-form tin. Shape the rest of the dough into a long cylinder, place round the base and press against the sides of the springform tin to form an edge about 3 cm/1\(\frac{1}{4}\) in. Prick the base several times with a fork. Put the mould on a shelf in the oven and pre-bake the base.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 15 minutes.

5. Stir the eggs into the cabbage mixture and spoon onto the prebaked base. Put the springform tin on a shelf in the oven and bake at the same temperature for about 30 minutes.

**Tip:** The cabbage mixture may be seasoned with caraway seed instead of curry powder. Serve with crème fraîche.
Cheese pastry

Piquant

Preparation time: about 30 minutes
Baking time: about 10 minutes

For the baking sheet:
baking parchment

For the shortcrust pastry:
400 g/14 oz (4 cups) plain (all-purpose) flour
3 level teaspoons baking powder
1 1/2 level teaspoon salt
250 g/9 oz Curd cheese (low fat)
250 g/9 oz (1 1/4 cups) soft butter

For the coating:
2 tablespoons condensed milk
50 g/2 oz grated Parmesan cheese
4 teaspoons caraway seeds

In all:
P: 93 g, F: 233 g, C: 301 g, kJ: 15352, kcal: 3669

1. Preheat the oven and line the baking sheet with baking parchment.

2. To make the dough, mix together the flour and baking powder, sift into a mixing bowl and add the other
   ingredients. Stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting
   until the dough is formed. Then roll it into a cylinder using your hands.

3. Roll out the dough in portions 1/2 cm/3/16 in thick. Cut out strips and triangles with a pastry cutting wheel, brush
   them with condensed milk, sprinkle with Parmesan cheese and put on the baking sheet lined with baking parchment.
   Put this in the oven.

   Top/bottom heat: about 200 °C/400 °F (preheated),
   Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
   Baking time: about 10 minutes.

4. Slide the pastry with the baking parchment onto a rack and leave it to cool down.

Tip: If the dough feels sticky, wrap it in clingfilm and refrigerate for about 30 minutes.
Yeast dough

Yeast dough is an elastic dough that rises under the influence of yeast cultures. The pastry has a soft, loose texture and is best eaten fresh. Yeast dough consists mainly of plain (all-purpose) flour, yeast, fat, sugar and sometimes eggs and a little warm liquid. Yeast dough is ideal for yeast cakes, small pastries and cakes such as plaited buns or bread and rolls.

Dried and fresh yeast
There are two kinds of dried yeast, traditional granules and powdered fast action yeast, both found in the baking section. Fresh yeast is sometimes available; if so, it will be in the refrigerated section of the store. Dried yeast lasts a long time because the water has been extracted from it. It should be stored at room temperature in conditions that are as dry as possible. Baking with powdered dried yeast requires no special preparations. Dried yeast granules must be reactivated with water before use, following the instructions on the tin. Baking with fresh yeast involves making yeast dough in the traditional manner. This means that its necessary to make a leaven by mixing fresh yeast with liquid.

Preparation with fast action dried yeast
Sift the plain (all-purpose) flour into a mixing bowl and stir in the dried yeast evenly with a fork. Exception: in the case of dough containing many ingredients such as gugelhupf or ring cake and stollen, the yeast must be mixed with liquid. Add all the other ingredients listed in the recipe to the flour. Only when subjected to warmth can yeast develop its full strength – it is particularly important that the liquid (milk or water) have a temperature of about 37 °C/98.6 °F, that is, handhot. The ingredients are mixed together with a hand mixer with a kneading hook, first briefly at the lowest setting, then at the highest setting for about 5 minutes until the dough is smooth and homogenous. Kneading dough for a long time ensures that all the ingredients are well incorporated by the inclusion of air. As a result the yeast is able to convert carbohydrates such as sugar and flour (starch) into carbonic acid and alcohol which raises the dough.

Preparation with fresh yeast
When preparing dough with fresh yeast (and dough with many ingredients with dried yeast) the yeast is mixed with liquid to make a „starter“. This is done by mixing the dried yeast or crumbled fresh yeast with a little sugar (or honey) and warm milk and leaving it to stand for about 15 minutes at room temperature. It is only in warm conditions that yeast can develop its full strength – the milk should be hand-hot, that is be about 37 °C/98.6 °F. The other ingredients must only come into contact with the yeast when the dough itself is prepared. This applies particularly to salt and fat because they would inhibit the activity of the yeast. That is why these ingredients should be added at the side of the bowl and only incorporated into the dough after the yeast has been mixed into the flour. Incorporate the other ingredients into dough made with dried yeast in the same way. Add the fruit or nuts at the end.

Letting the dough rise (1st rising)
Cover the dough and put it in a warm place until it has risen visibly. Yeast dough is not baked immediately after kneading, as it must be allowed to rise first. In order to do this, the bowl containing the dough is placed in a warm place, for instance near a radiator or in a very low oven. Top and bottom heat: Set the oven to 50 °C/120° F and put the bowl in the oven until the dough has risen visibly. Hold the oven door open with a mixing spoon to prevent the dough from getting too hot. Gas: Turn the oven to the highest setting for 3 minutes. Turn off the heat and leave the dough in the oven until it has risen visibly. Microwave: 80 or 90 watts for about 8 minutes. Place the bowl with the dough in the microwave (covered with a damp tea towel) without the rotating plate and turn after 4 minutes. Bain-marie: Put the bowl containing the dough (covered with a damp tea towel) in warm water until it has risen.
visibly.
In the refrigerator overnight: Prepare the dough with cold ingredients. Put the bowl containing the dough (covered with a damp tea towel or coated in a little oil) in the refrigerator and leave it to rise overnight.

Preparing the tin, mould or baking sheet
During the first rising, grease the tin, mould or baking sheet evenly with soft margarine or butter using a pastry brush. Do not use oil because it would run down the sides. For smaller pieces do not grease the baking sheet but line the baking sheet with baking parchment.

Preheating the oven
Preheat the oven during the first rising. In the case of top and bottom heat, preheat the oven thoroughly. If the baking time exceeds 30 minutes, it is not necessary to preheat fan or gas ovens.

Letting the dough rise again (2nd rising)
After the first rising, sprinkle the dough lightly with plain (all-purpose) flour. Remove from the mixing bowl and knead briefly once more on the slightly floured work surface. Then proceed following the recipe (for instance, shape, roll out and line a gugelhupf mould, plait, etc.). After putting the dough in the tin or on a baking sheet, cover with a cloth and place in a warm place to rise again (for instance, near the heating or near the oven) until the dough has visibly increased in volume. This will further relax the dough.

Baking dough
After the second rising, put the dough immediately in the oven. Leave yeast pastry in the tin for 10 minutes after baking, then remove from the tin or mould and put on a rack to cool. Yeast cake cooked on a baking sheet should be put on a rack to cool down together with the baking sheet. Plaited buns should be removed from the baking sheet and put on a rack to cool.

Storing
Yeast pastry tastes best when it is fresh. It can be frozen but it is important to leave it in the bag or container to defrost and then revive it a little in the oven, without the bag or container, at the appropriate baking temperature.
57 | Basic recipe

For the baking sheet:
baking parchment

For the yeast dough:
200 ml/7 fl oz (7/8 cup) milk
100 g/3 1/2 oz (1/2 cup) butter or margarine
500 g/18 oz plain (allpurpose) flour
1 packet fast action dried yeast
2 tablespoons sugar
3 drops vanilla essence in 1 tablespoon sugar
1 level teaspoon salt
1 medium egg
white of 1 medium egg

In addition:
yolk of 1 medium egg
2 teaspoons milk

1. Warm the milk in a small pan and melt the butter or margarine in it.

2. To make the dough, carefully mix together the flour and dried yeast and add the other ingredients and the warm margarine or butter mixture. Stir with a hand mixer with a kneading hook, first briefly at the lowest setting, then at the highest setting for about 5 minutes until a smooth dough is formed. Cover with a cloth and put in a warm place until it has visibly increased in volume. Meanwhile, preheat the oven and line the baking sheet with baking parchment.

3. Sprinkle the dough lightly with flour, take it out of the bowl and knead again briefly on a slightly floured work surface. Roll out the dough and make or cut out shapes. Brush with an egg-milk mixture and if desired sprinkle with sugar crystals. Place the shapes on the prepared baking sheet and put in a warm place to rise again until it has visibly increased in volume.

4. Put the baking sheet in the oven.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 15-20 minutes.

5. Remove the shapes from the baking sheet and put on a rack to cool down.

Tip: Dust the shapes with icing (confectioner’s) sugar if desired.
For the baking sheet:
baking parchment

For the yeast dough:
200 ml/7 fl oz (7/8 cup) milk
50 g/2 oz (4 tablespoons) butter or margarine
375 g/13 1/2 oz (3 3/4 cups) plain (all-purpose) flour
1 packet fast action dried yeast
50 g/1 3/4 oz (4 tablespoons) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt
1 medium egg

For the filling:
500 g/18 oz apples, e.g. Jonagold, Elstar
50 g/2 oz raisins
40 g/1 1/2 oz (4 tablespoons) sugar
20 g/1 oz (4 tablespoons) butter

In addition:
milk
blanched flaked almonds

For the icing:
100 g/3 1/2 oz icing (confectioner’s) sugar
2 teaspoons lemon juice
10 g/1 1/2 oz (1 tablespoon) butter

In all:
P: 4 g, F: 6 g, C: 40 g, kJ: 987, kcal: 236

1. Warm the milk in a small pan and melt the butter or margarine in it.

2. To make the dough, carefully mix together the flour and dried yeast, add the other ingredients and the warm margarine or butter mixture. Stir with a mixer with a kneading hook, first briefly at the lowest setting, then at the highest setting for about 5 minutes, until the dough is formed. Cover with a tea towel and put in a warm place until it has visibly increased in volume.

3. To make the filling, wash the apples, peel, quarter and core, then cut into small pieces. Braise the apples with the raisins, sugar and butter while stirring and leave to cool down. Line the baking sheet with baking parchment.

4. Preheat the oven. Dust the dough lightly with flour, remove from the bowl and knead it again briefly on a lightly floured work surface. Roll out the dough thinly and cut out 14 circles with a diameter of 12 cm/5 in. Spoon the filling onto half of each circle. Brush the edges of each circle with milk, fold the other half on top and press the
edges together with a fork or dough scraper.

5. Brush the apple turnovers with milk, sprinkle flaked almonds on top if desired and put half the turnovers on the baking sheet, lined with baking parchment. Put the apple turnovers in a warm place again until they have increased visibly in volume, then put in the oven.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 20 minutes per baking sheet.

6. Slide the apple turnovers, still on the baking parchment, off the baking sheet and bake the remaining apple turnovers in the same way.

7. To make the icing, sift the icing sugar and stir into the lemon juice to make to thick mixture. Melt the butter, stir into the sugar and lemon juice mixture, brush immediately over the apple turnovers and leave to cool.
59 | Custard snails

Suitable for freezing (about 20 pieces/2 baking sheets)

Preparation time: about 50 minutes, excluding rising time
Baking time: about 15 minutes per baking sheet

For the yeast dough:
- 125 ml/4 fl oz (1/2 cup) milk
- 100 g/3 1/2 oz (1/2 cup) butter or margarine
- 500 g/18 oz plain (all-purpose) flour
- 1 packet fast action dried yeast
- 50 g/1 3/4 oz (4 tablespoons) sugar
- 3 drops vanilla essence in 1 tablespoon sugar
- 2 medium eggs

For the filling:
- 80 g/3 oz (9 tablespoons) custard powder
- 750 ml/1 1/4 pints (3 1/2 cups) milk
- 80 g/2 1/2 oz (3/8 cup) sugar
- 100 g/3 1/2 oz raisins

For the apricot glaze:
- 3 tablespoons apricot preserve
- 4 teaspoons water

Per piece:
- P: 5 g, F: 7 g, C: 35 g, kJ: 925, kcal: 221

1. Warm the milk in a small pan and melt the butter or margarine in it.

2. To make the dough, carefully mix together the flour and dried yeast, then add the other ingredients and the warm margarine or butter mixture. Stir with a hand mixer with a kneading hook, first briefly at the lowest setting, then at the highest setting for about 5 minutes until it forms a smooth dough. Cover with a tea towel and put in a warm place until it has visibly increased in volume.

3. To make the custard filling, make a custard with custard powder, milk and sugar following the instructions on the packet but using only 750 ml/1 1/4 pints (3 1/2 cups) milk. Leave to cool down, stirring occasionally. Stir the raisins into the filling. Line the baking sheet with baking parchment.

4. Preheat the oven. Dust the dough lightly with flour, remove from the bowl and knead again briefly on a lightly floured work surface. Roll out the dough into a rectangle (60 x 40 cm/24 x 16 in) and spread the custard on top. Roll up the dough starting from the short side, cut into slices about 2 cm/3/4 in thick and put the slices on the baking sheet lined with baking parchment. Put the baking sheet with the slices in a warm place until they have visibly increased in volume.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 15 minutes per baking sheet.
5. To make the apricot glaze, rub the apricot jam through a sieve, add the water, boil to reduce and thicken a little while stirring. Brush the pastry with it immediately after removing from the oven. Put the custard snails on a rack to cool down.
Stutenkerle oder Martinsgänse (yeast pastry figures)

For children (6 pastry men or 6 Martinmas geese/2–3 baking sheets)

Preparation time: about 25 minutes, excluding rising time

Baking time: 15–20 minutes per baking sheet

For the baking sheet:

- some fat
- baking parchment

For the yeast dough:

- 200 ml/7 fl oz (7/8 cup) milk
- 100 g/31/2 oz (1/2 cup) butter or margarine
- 500 g/18 oz plain (all-purpose) flour
- 1 packet fast action dried yeast
- 2 tablespoons sugar
- 3 drops vanilla essence in 1 tablespoon sugar
- 1 level teaspoon salt
- 1 medium egg
- white of 1 medium egg

To finish the pastry men:

- yolk of 1 medium egg
- 1–4 teaspoons milk
- some raisins

To finish the Martinmas geese:

- yolk of 1 medium egg
- 1–4 teaspoons milk
- some raisins
- some sugar crystals

Per piece:

- 13 g, F: 18 g, C: 75 g, kJ: 2178, kcal: 521

1. Warm the milk in a small pan and melt the butter or margarine in it.

2. To make the dough, carefully mix together the flour and dried yeast, then add the other ingredients and the warm margarine or butter mixture. Stir with a hand mixer with a kneading hook, first briefly at the lowest setting, then at the highest setting for about 5 minutes until it forms a smooth dough. Cover with a tea towel and put in a warm place until it has visibly increased in volume. Grease and line the baking sheet with baking parchment.

3. Preheat the oven. Dust the dough lightly with flour, remove from the bowl and knead again briefly on a slightly floured work surface. Divide into 6 equal portions and shape into pastry men or geese:

   a. To make the pastry men: Shape each portion of dough into a cone about 15 cm/6 in long. Shape the thicker end into a round ball for the head. Put the cones with the rounded end on the baking sheet and press the conical part flat. To make the legs, cut the thin end of the cone in half with a knife and pull slightly apart. To make the arms, make 2 incisions and pull slightly away from the body. Beat together the egg yolk and milk and brush the pastry men with it. Press raisins into the dough for the eyes and buttons.
b. To make the Martinmas geese, take a piece of dough the size of a walnut from each portion for the neck and head. To make the body, shape the dough into a cylinder about 10 cm/4 in long and flatten the ends. Shape the walnut-sized pieces of dough into cylinders about 8 cm/3 in long but with one rounded end. Transfer both cylinders onto the baking sheet and attach the smaller cylinder to the body to form the neck. Press flat and shape the bill and tail using your fingers. Beat together the milk and egg and brush the geese with it. Press raisins in the head to make the eyes and sprinkle the geese with sugar crystals.

4. Put the shapes in a warm place for another 20 minutes to rise again and then put the baking sheet in the oven.

- Top/bottom heat: about 200 °C/400 °F (preheated),
- Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
- Baking time: about 15-20 minutes per baking sheet.

5. After baking, slide the pastries, while keeping them on the baking parchment, off the baking sheet and put on a rack to cool down.
61 | Plaited bun

Classic—for guests (about 12 pieces)

Preparation time: about 35 minutes, excluding rising time
Baking time: about 35 minutes

For the baking sheet:
some fat

For the yeast dough:
250 ml/8 fl oz (1 cup) whipping cream
500 g/18 oz plain (allpurpose) flour
1 packet fast action dried yeast
80 g/2 ⅛ oz (⅜ cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
grated zest of 1 untreated lemon
1 pinch salt
2 medium eggs
white of 1 medium egg

In addition:
yolk of 1 medium egg
2 teaspoons milk

Per piece:
P: 7 g, F: 8 g, C: 38 g, kJ: 1075, kcal: 257

1. To make the dough, warm the cream in a small pan, carefully mix together the flour and dried yeast, add the other ingredients and the warm cream mixture. Stir with a hand mixer with a kneading hook, first briefly at the lowest setting, then at the highest setting for about 5 minutes until it forms a smooth dough. Cover with a tea towel and put in a warm place until it has visibly increased in volume. Grease the baking sheet.

2. Preheat the oven at the top and bottom. Dust the dough with flour, remove from the bowl and knead briefly on a slightly floured work surface. Using two-thirds of the dough, make 3 cylinders about 40 cm/16 in long. Plait the cylinders to make the plaited bun and put on the greased baking sheet. Using a rolling pin, make a depression lengthways along the whole plaited bun.

3. Beat together the egg yolk and milk and brush the depression with a little of this mixture. Now take the rest of the dough and make 3 thin cylinders about 35 cm/14 in long and plait. Put the smaller plait in the depression on the large plait and brush with the egg and milk mixture.

4. Return the plaited bun to a warm place for it to rise again until it has visibly increased in volume. Put the baking sheet in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 35 minutes.

5. Put the plaited bun on a rack covered with baking parchment and leave to cool.

Variation: For a raisin plaited bun, briefly knead 200 g/7 oz raisins into the dough after the first rising.
**Mohnstriezel**

Popular – suitable for freezing (about 20 pieces)

Preparation time: about 60 minutes, excluding rising time  
Baking time: about 60 minutes

For the baking sheet:  
some fat baking parchment

For the yeast dough:  
200 ml/7 fl oz (7 ⅜ cup) water  
150 g/5 oz (⅜ cup) butter or margarine  
500 g/18 oz plain (all-purpose) flour  
1 packet fast action dried yeast  
75 g/2 1/2 oz (⅜ cup) sugar  
3 drops vanilla essence in 1 tablespoon sugar

For the filling:  
300 g/10 oz poppy seeds  
400 ml/14 fl oz (1 ¾ cups) milk  
40 g/1 ½ oz (4 ½ tablespoons) custard powder, vanilla flavour  
100 ml/3 ½ fl oz (⅓ cup) milk  
2 medium eggs  
75 g/2 1/2 oz (⅞ cup) sugar  
75 g/2 1/2 oz rusks

For the crumble:  
100 g/3 ⅓ oz (1 cup) plain (all-purpose) flour  
100 g/3 ⅓ oz blanched chopped almonds  
100 g/3 ⅓ oz (⅓ cup) sugar  
100 g/3 ⅓ oz (⅓ cup) soft butter

For the apricot glaze:  
3 tablespoons apricot preserve  
2 teaspoons water

For the coating:  
100 g/3 ⅓ oz icing (confectioner’s) sugar  
1–2 tablespoons water

Per piece:  
P: 9 g, F: 21 g, C: 47 g, kJ: 1747, kcal: 417

1. Warm the water in a small pan and melt the butter or margarine in it.

2. To make the dough, carefully mix together the flour and dried yeast, then add the other ingredients and the warm margarine or butter mixture. Stir with a hand mixer with a kneading hook, first briefly at the lowest setting, then at the highest setting for about 5 minutes until it forms a smooth dough. Cover with a tea towel and put in a warm place until it has visibly increased in volume.
3. To make the poppy seed filling, put the poppy seeds in the milk, bring to the boil and leave to swell for 10 minutes. Stir the milk into the custard powder and add to the poppy seed and milk mixture together with the eggs and sugar. Bring briefly to the boil again and allow to cool down. Put the rusks in a freezer bag, close it and hit them with a rolling pin to turn them into crumbs. Stir the rusk crumbs into the poppy seed mixture. Grease the baking sheet and line it with baking parchment.

4. Heat the oven top and bottom. Dust the dough lightly with flour, remove from the bowl and knead again briefly on a slightly floured work surface. Roll out into a rectangle (40 x 30 cm/16 x 12 in).

5. Spread the poppy seed mixture on top, leaving 1 cm/3/8 in uncovered round the edges. Roll up the rectangle loosely starting with the longer side and put on the baking sheet with the "seam" facing upward.

6. To make the crumble, sift the flour in a mixing bowl, add the almonds, sugar and softened butter and stir with a hand mixer with whisk until the crumble is the right texture.

7. Brush a little water on the plaitsed bun, sprinkle the crumble on top and press down. Leave the plaitsed bun to rise again until it has increased visibly in volume. Put the baking sheet in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (not preheated), Gas mark 4 (not preheated),
Baking time: about 60 minutes.

8. To make the apricot glaze, bring the jam to the boil with a little water to reduce and thicken a little. Brush the plaitsed bun with it immediately after taking it out of the oven. Put on a rack to cool down.

9. To make the coating, sift the icing sugar, add water and stir until thick and smooth. Brush the plaitsed bun with it.

Tip: To make 2 small plaitsed buns, cut the rectangle of dough in half, making 2 rectangles each 30 x 20 cm/12 x 8 in. Spread the poppy seed mixture on top, then continue as for the large plaitsed bun.
63 | Feiner Gugelhupf

Classic—for guests (about 16 pieces)

Preparation time: about 35 minutes, excluding rising time
Baking time: about 60 minutes

For a gugelhupf mould (diameter 24 cm/9\(\frac{1}{2}\) in):
some fat

For the yeast dough:
200 ml/7 fl oz (\(\frac{7}{8}\) cup) whipping cream
200 g/7 oz (1 cup) butter or margarine
500 g/18 oz plain (allpurpose) flour
1 packet fast action dried yeast
150 g/5 oz (\(\frac{3}{4}\) cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
3 drops lemon essence
1 pinch salt
4 medium eggs
150 g/5 oz raisins
150 g/5 oz currants
100 g/3\(\frac{1}{2}\) oz chopped blanched almonds

In addition:
some icing (confectioner’s) sugar

Per piece:
P: 7 g, F: 20 g, C: 47 g, kJ: 1663, kcal: 397

1. Warm the whipping cream in a small pan and melt the butter or margarine in it.

2. To make the dough, carefully mix together the flour and dried yeast, add the other ingredients (except for the raisins, currants and almonds) and the warm margarine or butter mixture. Stir with a hand mixer with a kneading hook, first briefly at the lowest setting, then at the highest setting for about 5 minutes until it forms a smooth dough. Add the raisins, currants and almonds and stir briefly. Cover with a tea towel and put in a warm place until it has visibly increased in volume. Grease the gugelhupf mould.

3. Preheat the oven at the top and bottom. Knead the dough briefly with a hand mixer with kneading hook at the highest setting, transfer to the gugelhupf mould and put in a warm place until it has visibly increased in volume.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (not preheated), Gas mark 4 (not preheated),
Baking time: about 60 minutes.

4. Leave the cake in the mould for about 10 minutes after taking it out of the oven, then remove from the mould and put on a rack to cool down. Dust with icing sugar when cool.

Variation: As an alternative to almonds, raisins and currants, 100 g/3\(\frac{1}{2}\) oz candied cherries, 200 g/7 oz dried apricots (both chopped coarsely) and 50 g/2 oz chopped pistachio nuts may be used.
64 | Fruit pizza

Fruity–sophisticated (about 20 pieces)

Preparation time: about 50 minutes, excluding rising time
Baking time: about 30 minutes

For a baking sheet (40 x 30 cm/16 x 12 in):
some fat

For the yeast dough:
250 ml/8 fl oz (1 cup) milk
400 g/14 oz (4 cups) plain (all-purpose) flour
1 packet (42 g) fresh yeast
50 g/1 \(\frac{3}{4}\) oz (4 tablespoons) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt
50 g/2 oz (4 tablespoons) soft butter

For the topping:
250 g/9 oz white grapes
250 g/9 oz pears
500 g/18 oz apples
1 jar or tin plums (drained weight 385 g/13 \(\frac{1}{2}\) oz)
1 small tin apricot halves (drained weight 240 g/9 oz)

For the crumble:
250 g/9 oz (2\(\frac{1}{2}\) cups) plain (all-purpose) flour
175 g/6 oz (\(\frac{7}{8}\) cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
200 g/7 oz soft butter

Per piece:
P: 5 g, F: 14 g, C: 59 g, kJ: 1633, kcal: 390

1. To make the dough, warm up the milk in a small pan. Sift the plain flour into a mixing bowl and make a well in the centre. Crumble the yeast into it and add the sugar and 100 ml/3\(\frac{1}{2}\) fl oz (\(\frac{1}{2}\) cup) of the warm milk. Using a fork, carefully stir a little of the surrounding flour into the 3 ingredients in the well and leave to stand for about 15 minutes at room temperature for the yeast to work.

2. Then add the other ingredients to make the dough and stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting for about 5 minutes to make a smooth dough. Cover with a tea towel and put in a warm place until it has visibly increased in volume. Grease the baking sheet.

3. To make the topping, wash all the fruit and leave to drain. Cut the grapes in half and remove the seeds. Peel the apples and pears, cut into quarters, core and cut into slices. Thoroughly drain the apricots and plums separately in a colander and cut into pieces.

4. Preheat the oven. Dust the dough with a little flour, remove from the mixing bowl and knead again thoroughly on a slightly floured work surface. Roll out the dough on the greased baking sheet and arrange the fresh fruit in separate groups according to the variety.
5. To make the crumble, stir the flour, sugar and softened butter with a hand mixer with whisk until the crumble has the right texture and spread evenly over the fruit. Put the baking sheet in the oven.

   Top/bottom heat: about 200 °C/400 °F (preheated),
   Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
   Baking time: about 30 minutes.

6. Put the baking sheet on rack and leave the fruit pizza on it to cool.

   Tip: Other fruit that is in season or even tinned fruit may be used. In all, about 1.6 kg/3½ lb fruit is needed.
65 | Streuselkuchen aus Thüringen (Thuringian crumb cake)

sophisticated (about 20 pieces)

Preparation time: about 35 minutes, excluding rising and cooling time
Baking time: about 20 minutes

some fat

For the yeast dough:
200 ml/7 fl oz (7/8 cup) milk
50 g/2 oz (4 tablespoons) butter or margarine
375 g/13 1/2 oz (3 3/4 cups) plain (all-purpose) flour
1 packet fast action dried yeast, 50 g/1 3/4 oz (4 tablespoons) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 medium egg
20 g/1 oz (2 tablespoons) butter

For the crumble:
300 g/10 oz (3 cups) plain (all-purpose) flour
150 g/5 oz (3/4 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
200 g/7 oz (1 cup) soft butter or margarine
10 g/1/2 oz (1/4 cup) cocoa powder

For pouring:
125 ml/4 fl oz (1/2 cup) milk
60 g/2 1/2 oz (5 tablespoons) butter

For finishing:
100 g/3 1/2 oz (1/2 cup) butter, icing (confectioner’s) sugar

Per piece:
P: 5 g, F: 19 g, C: 38 g, kJ: 1443, kcal: 345

1. Warm the milk in a small pan and melt the butter or margarine in it.

2. To make the dough, sift the flour into a mixing bowl and carefully stir in the dried yeast, then add the other ingredients and the warm margarine or butter mixture. Stir with a hand mixer with a kneading hook, first briefly at the lowest setting, then at the highest setting for about 5 minutes until it forms a smooth dough. Cover with a tea towel and put in a warm place until it has visibly increased in volume. Grease the baking sheet.

3. Preheat the oven. Dust the dough lightly with flour, remove from the mixing bowl and knead again briefly on a slightly floured work surface. Roll out the dough on a greased baking sheet. Melt the butter and brush the dough with it.

4. To make the crumble, stir the flour, sugar, vanilla sugar and softened butter or margarine in a mixing bowl. Stir with a hand mixer with whisk until the crumble has the right texture. Scatter half the crumble over the dough, leaving gaps. Add cocoa powder to the other half of the crumble, mix well and fill the gaps with it so as to create a dark and light pattern. Return the dough to a warm place until it has increased visibly in volume. Put the baking...
sheet in the oven.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 20 minutes.

5. For pouring over the cake, heat the milk and melt the butter in it. With a spoon, distribute the melted butter mixture over the cake while it is still hot and leave to cool on the baking sheet placed on a rack. When it is cool, melt the butter, brush it on the cake and dust icing sugar on top.
66 | Butter cake

Classic–easy (about 20 pieces)

Preparation time: about 20 minutes, excluding rising time
Baking time: about 15 minutes

For a baking sheet (40 x 30 cm/16 x 12 in):
some fat

For the yeast dough:
200 ml/7 fl oz (7/8 cup) milk
50 g/2 oz (4 tablespoons) butter
375 g/13 1/2 oz (3 3/4 cups) plain (all-purpose) flour
1 packet fast action dried yeast
50 g/1 3/4 oz (4 tablespoons) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt
1 medium egg

For the topping:
100 g/3 1/2 oz cold butter
75 g/2 1/2 oz (3/8 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
100 g/3 1/2 oz blanched flaked almonds

Per piece:
P: 4 g, F: 6 g, C: 21 g, kJ: 632, kcal: 151

1. Warm the milk in a small pan and melt the butter in it.

2. To make the dough, carefully mix together the flour and dried yeast, then add the other ingredients and the warm butter mixture. Stir with a hand mixer with a kneading hook, first briefly at the lowest setting, then at the highest setting for about 5 minutes until it forms a smooth dough. Cover with a tea towel and put in a warm place until it has visibly increased in volume.

3. Meanwhile, preheat the oven and grease the baking sheet. Dust the dough lightly with flour, remove from the mixing bowl and knead again briefly on a lightly floured work surface. Roll out the dough on the baking sheet.

4. To make the topping, first make small depressions in the dough with the handle of a wooden spoon and scatter knobs of butter evenly over the dough. Mix together the sugar and vanilla sugar and sprinkle over the dough. Then sprinkle the almonds evenly on top. Put the dough in a warm place again until it has visibly increased in volume. Put the baking sheet in the oven.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 15 minutes.

5. Put the baking sheet on a rack and leave the cake on it to cool.

Tip: Lightly whip 200 ml/7 fl oz (7/8 cup) cream and spread over the cake while it is still hot, immediately after
taking it out of the oven.

**Variation:** To make butter cake with a nutty topping, coarsely chop 100 g/3½ oz hazelnuts or walnuts and sprinkle over the dough. Then scatter the knobs of butter and sprinkle the sugar on top. Dribble 8 tablespoons of whipping cream over the dough, put the dough in a warm place until it has visibly increased in volume and bake as described in the recipe.
Eierschecke (typical Saxon cake)

Classic—for guests (about 20 pieces)

Preparation time: about 40 minutes, excluding rising time
Baking time: about 30 minutes

For a baking sheet with sides about 2 cm/3/4 in high (40 x 30 cm/ 16 x 12 in) or a roasting tin:
some fat

For the yeast dough:
125 ml/4 fl oz (1/2 cup) milk
100 g/3 1/2 oz (1/2 cup) butter or margarine
300 g/10 oz (3 cups) plain (all-purpose) flour
1 packet fast action dried yeast, 50 g/1 3/4 oz (5 tablespoons) sugar
3 drops vanilla essence in 1 tablespoon sugar
2 drops lemon essence
1 pinch salt, 1 medium egg

For the curd cheese filling:
40 g/1 1/2 oz (4 1/2 tablespoons) custard powder
40 g/1 1/2 oz (4 tablespoons) sugar
500 ml/17 fl oz (2 1/4 cups) milk, 500 g/18 oz curd cheese (low fat)
65 g/2 1/4 oz raisins

For the egg cream:
4 whites of medium eggs
125 g/4 1/2 oz (3/8 cup) soft butter, 125 g/4 1/2 oz (3/8 cup) sugar, yolks of 4 medium eggs
15 g/1 1/2 oz (1 1/2 tablespoons) cornflour (cornstarch)

Per piece:
P: 8 g, F: 12 g, C: 29 g, kJ: 1094, kcal: 261

1. Warm the milk in a small pan and melt the butter or margarine in it.
2. To make the dough, sift the flour into a mixing bowl, carefully mix together with dried yeast and add the other ingredients, then add the margarine or butter mixture. Stir with a hand mixer with a kneading hook, first briefly at the lowest setting, then at the highest setting for about 5 minutes until it forms a smooth dough. Cover with a tea towel and put in a warm place until it has visibly increased in volume.
3. To make the curd cheese filling, make a custard with the custard powder, sugar and milk following the instructions on the packet. Put the custard in a bowl, put some clingfilm directly on the surface of the custard and leave it to cool.
4. Grease the baking sheet or roasting tin. Stir the curd cheese and raisins into the cooled custard. Preheat the oven. Dust the dough lightly with flour, remove from the mixing bowl, knead again briefly on a slightly floured work surface, roll out and line the roasting tin or baking sheet with dough. Spread the curd cheese mixture on top.
5. To make the egg cream, beat the egg whites until they are very stiff. Stir the butter with a hand mixer with a whisk until soft and smooth. Add the sugar little by little. Continue stirring until the mixture has thickened. Now gradually stir in the egg yolks. Add the beaten egg whites, sift the cornflour on top and carefully fold both into the
egg yolk and butter mixture. Spread this egg cream topping over the curd cheese mixture, smooth the surface flat and put the baking sheet or roasting tin in the oven.

**Top/bottom heat:** about 180 °C/350 °F (preheated),
**Fan oven:** about 160 °C/325 °F (preheated), **Gas mark 4** (preheated),
**Baking time:** about 30 minutes.

6. Put the roasting tin or baking sheet on a rack and leave the cake on it to cool down.

**Tip:** Pre-soak the raisins for the curd cheese filling in 2 tablespoons of rum.
68 | Apple or crumble cake

Popular–Traditional (about 20 pieces)

Preparation time: about 35 minutes, excluding rising time
Baking time: about 25 minutes

For the yeast dough:
200 ml/7 fl oz (7/8 cup) milk
50 g/2 oz (4 tablespoons) butter or margarine
375 g/13 1/2 oz (3 3/4 cups) plain (all-purpose) flour
1 packet fast action dried yeast, 50 g/1 3/4 oz (4 tablespoons) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt, 1 medium egg

For the apple cake:
about 1.5 kg/3 1/2 lb apples
20 g/3/4 oz chopped, blanched almonds
20 g/3/4 oz raisins

For the apricot glaze:
generous 2 tablespoons apricot preserve
2 teaspoons water

For the crumble cake:
300 g/10 oz (3 cups) plain (all-purpose) flour
150 g/5 oz (3/4 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
175 g/6 oz (7/8 cup) soft butter or margarine

In addition:
25 g/1 oz (2 tablespoons) butter

Per piece (apple cake):
P: 3 g, F: 4 g, C: 26 g, kJ: 645, kcal: 154

Per piece (crumble cake):
P: 4 g, F: 11 g, C: 35 g, kJ: 1098, kcal: 262

1. Warm the milk in a small pan and melt the butter or margarine in it.

2. To make the dough, sift the flour into a mixing bowl, carefully mix together with the dried yeast, add the other ingredients and the warm margarine or butter mixture. Stir with a hand mixer with a kneading hook, first briefly at the lowest setting, then at the highest setting for about 5 minutes, until it forms a smooth dough. Cover with a tea towel and put in a warm place until it has visibly increased in volume. Grease the baking sheet with fat.

3. Meanwhile preheat the oven. Dust the dough lightly with flour, remove from the bowl and knead again briefly on a slightly floured work surface. Roll out and line the baking sheet with the bowl and make the apple or crumble cake as follows:

a. To make the apple cake, wash the apples, peel, cut into quarters, core and cut into thick slices. Arrange the slices
of apple evenly on the dough and sprinkle almonds and raisins on top. Put the baking sheet in a warm place again until the dough has visibly increased in volume. Put the baking sheet in the oven.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 25 minutes.

To make the apricot glaze, rub the apricot jam through a sieve, then bring to the boil with water while stirring. Using a brush, brush the glaze over the apple cake immediately after taking it out of the oven. Put the apple cake on a rack to cool down without removing it from the baking sheet.

b. To make crumble cake, stir together the flour, sugar, vanilla sugar and softened butter or margarine with a hand mixer with whisk until the crumble has the right consistency. Melt 25 g/1 oz (2 tablespoons) butter and brush the dough with it. Spread the crumble evenly on top. Put the baking sheet in a warm place again until the dough has visibly increased in volume. Then put the baking sheet in the oven and bake for about 15 minutes at the temperature indicated in the recipe (see apple cake). Put the baking sheet on a rack and leave the cake on it to cool down.
69 | Bienenstich

Classic–popular (about 20 pieces)

Preparation time: about 50 minutes, excluding rising time
Baking time: about 15 minutes

For the baking sheet:
some fat

For the yeast dough:
200 ml/7 fl oz (7/8 cup) milk
50 g/2 oz (4 tablespoons) butter or margarine
375 g/13 1/2 oz (3 3/4 cups) plain (all-purpose) flour
1 packet fast action dried yeast
50 g/1 3/4 oz (4 tablespoons) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt, 1 medium egg

For the topping:
200 g/7 oz (1 cup) butter
100 g/3 1/2 oz (1/2 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
3 teaspoons honey
3 tablespoons whipping cream
200 g/7 oz blanched chopped almonds

For the filling:
80 g/3 oz (9 tablespoons) custard powder, vanilla flavour
750 ml/1 1/4 pints (3 1/2 cups) milk
100 g/3 1/2 oz (1/2 cup) sugar
100 g/3 1/2 oz (1/2 cup) butter

Per piece:
P: 6 g, F: 23 g, C: 33 g, kJ: 1514, kcal: 361

1. Warm the milk in a small pan and melt the butter or margarine in it.

2. To make the dough, sift the plain flour in a mixing bowl, carefully mix with dried yeast, add the other ingredients and the warm margarine or butter mixture. Stir with a hand mixer with a kneading hook, first briefly at the lowest setting, then at the highest setting for about 5 minutes, until it forms smooth dough. Cover with a tea towel and put in a warm place until it has visibly increased in volume.

3. To make the topping, slowly heat the butter with the sugar, vanilla sugar, honey and cream while stirring, bring briefly to the boil and stir in the almonds. Leave the mixture to cool down, stirring occasionally. Grease the baking sheet.

4. Preheat the oven. Dust the dough lightly with flour, remove from the bowl and knead again briefly on a lightly floured work surface. Roll out and line the baking sheet with the dough. Spread the topping evenly on the dough and put the baking sheet in a warm place again until the dough has visibly increased in volume. Put the baking sheet in the oven.
Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 15 minutes.

5. Leave the cake on the baking sheet to cool down on a rack. Cut the cake in half vertically and then cut each half horizontally.

6. For the filling, make the custard with custard powder, milk and sugar following the instructions on the packet but, using only 750 ml/1¼ pints (3½ cups) milk, and stir the butter into the hot custard. Put the cream filling in the refrigerator, stirring occasionally. Spread the cold cream filling on the lower cake halves, then put the other halves on top.
70 | Onion pie

For guests (about 20 pieces)

Preparation time: about 70 minutes, excluding rising time
Baking time: about 35 minutes

For a baking sheet with sides about 2 cm/3/4 in high (40 x 30 cm/16 x 12 in) or a roasting tin:

some fat

For the yeast dough:
250 ml/8 fl oz (1 cup) milk
400 g/14 oz (4 cups) plain (all-purpose) flour
1 packet fast action dried yeast, 1 teaspoon sugar
1 level teaspoon salt
4 tablespoons cooking oil

For the topping:
1.5 kg/31/4 lb onions
300 g/10 oz streaky bacon
3 tablespoons cooking oil
some salt
freshly ground pepper
1 level teaspoon ground caraway seeds
200 g/7 oz medium aged Gouda cheese
4 medium eggs
150 g/5 oz crème fraîche

Per piece:
P: 8 g, F: 24 g, C: 19 g, kJ: 1349, kcal: 323

1. To make the dough, warm the milk in a small pan, sift the flour into a mixing bowl, carefully mix together with the dried yeast, add the other ingredients and the warm margarine or butter mixture. Stir with a hand mixer with a kneading hook, first briefly at the lowest setting, then at the highest setting for about 5 minutes until it forms a smooth dough. Cover with a tea towel and put in a warm place until it has visibly increased in volume.

2. To make the topping, peel the onions, cut into quarters and then slice thinly. Dice the bacon finely. Heat the oil in a large pan, add the sliced onions and braise them while stirring. Now add the diced bacon and braise briefly, then season with salt, pepper and caraway seed.

3. Grease the roasting tin or baking sheet. Grate the Gouda cheese and stir into the onion mixture together with the eggs and crème fraîche.

4. Preheat the oven. Dust the dough lightly with flour, remove from the bowl and knead again briefly on a lightly floured work surface. Roll out and line the baking sheet or roasting tin and press the dough upward along the edges to form a border. Spread the onion mixture on the dough and put the baking sheet or roasting tin in a warm place again until the dough has visibly increased in volume. Put the baking sheet or roasting tin in the oven.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 35 minutes.
5. Serve the onion pie warm or cold.

**Tip:** Onion pie can easily be prepared the day before. In that case, make the dough with cold ingredients, coat the dough lightly with oil to prevent it from drying out, put it in a bowl, cover with clingfilm and leave in the refrigerator overnight to rise. The following day continue as described in part 2 above. Sprinkle caraway seeds over the onion pie before baking.
Sponge mixture

Sponge mixture consists of a lightly beaten mixture of egg and sugar mixture stirred briefly into plain (all-purpose) flour (in the case of “Viennese mixture” there will also be liquid butter or margarine). Sponges have a light texture and are ideal for gateaux and rolls or roulades.

Preheating the oven
It is very important that the oven be preheated thoroughly when baking sponges. Top and bottom heat are recommended; sponge cakes dry out more in fan ovens.

Preparing the mould
Using a brush, lightly grease the base of the baking sheet or baking tin with soft butter or margarine. Do not use oil because it will run down the edges. If using a springform tin, only grease the base so that the sponge mixture does not slide down at the edges.

Then line the base of the baking sheet or baking tin with baking parchment. To line a springform tin with baking parchment, place the springform tin on the paper and draw the outline of the base with a pencil. Cut out the circle with scissors and position it on the greased based of the springform tin and smooth flat, making sure that there are no creases.

When lining a baking sheet, turn up the paper along the open side of the baking sheet to make a rim. This will prevent the sponge mixture from running off the baking sheet.

Melting the butter or margarine when making Viennese sponge mixture
In a Viennese sponge mixture, the butter or margarine is only added at the end of the preparation of the mixture. It should be melted in a small saucepan at the start of the preparation process so that it has time to cool down a little. The addition of butter or margarine makes the sponge moister and compensates for the drying effect of ingredients such as cocoa powder.

Beating the eggs until foamy
Break each egg separately into a cup to make sure that it is fresh. Then beat the eggs together in a mixing bowl, perhaps with a little water, using a hand mixer with whisk at the highest setting for about 1 minute until foamy. Some recipes require that the eggs are beaten with hot water until foamy so as to increase the volume.

Mixing the sugar and vanilla sugar together and adding to the mixture
Mix the vanilla sugar or 3 drops vanilla essence in 1 tablespoon sugar into the sugar. Stir the sugar into the mixture while whisking over a period of 1 minute, then whisk for a further 2 minutes. It is important to observe the whisking time specified in the recipe. If the mixture is not whisked long enough it will not have enough time to develop the required volume, while whisking for too long results in too great a volume which would only collapse again during the baking process.

Add the flavouring to the egg and sugar mixture.

Mixing the flour and baking powder together and sifting
If baking powder, cornflour or cocoa are to be added to the plain (all-purpose) flour, they are first mixed with the flour which is then sifted. Sifting aerates the flour and ensures that the baking powder or cocoa is distributed evenly in the flour. This in turn produces a lighter sponge.

Wholemeal flour and baking powder should only be mixed together, not sifted, because the coarser texture of wholemeal flour makes sifting impossible. The flour and baking powder should be mixed together with a hand mixer at the lowest setting. Hazelnuts and other heavy ingredients – including the cooled, melted butter or margarine in the case of Viennese sponge mixture – should be added at the end and only stirred briefly. It is important that the flour and other heavy ingredients be stirred as little as possible so as not to reduce the volume of the beaten egg and sugar mixture.

Hazelnuts and almonds should only be coarsely ground because they are very fatty, and if finely ground they will
make the sponge heavy and chewy.

Transferring the sponge mixture in the mould
It is best to use a dough scraper to put the sponge mixture in the mould or on the baking sheet. The surface can then be smoothed with a cake slice or spatula.

Baking sponge mixture
A sponge mixture must be baked immediately after stirring or the airy mixture will collapse. Before taking the sponge out of the oven it is important to check that it is cooked by placing the palm of the hand lightly on the sponge. If the sponge is done, it will no longer feel moist, the texture will be soft and when pressed lightly the springy surface will spring back again. If overdone, the sponge will be dry and solid. Loosen the sponge cake from the edge of the mould with a knife and remove the ring. Then remove the cake from the mould, remove the base and leave the cake to cool down on a rack lined with baking parchment but without removing the baking parchment on which it was baked.

If the surface is domed, it is a good idea to turn the cake out upside down to flatten the surface again. Large, flat sponges can be unmoulded upside down on a work surface and left on it to cool. With sponges containing egg yolks, as specified in some recipes in this book, it is not necessary to roll them up immediately because a cold sponge containing egg yolk will not crack.

Carefully remove the baking parchment after the cake has cooled down.

Cutting the sponge cake in layers horizontally
Put the sponge cake on a piece of paper or a cake plate with the smooth, flat underside facing upwards. Then cut it into two or more layers with a large knife or a strong thread. To ensure that the layers are of equal thickness, make an incision 1 cm/\(\frac{3}{8}\) in deep round the cake with a sharp knife before cutting the layers. Place the thread in the incision, hold it so that the ends are crossed over each other and pull so that the thread cuts through the cake. A sponge cake is easiest to cut the day after it was baked.

To prevent the layers breaking when lifted, use a large cake slice or a piece of paper. To do this fold the paper at the front edge and slide it under the top layer. Using the forefingers and thumbs hold the paper so that it supports the top layer and lift it. Keep the paper as horizontal as possible or the layer may break.

If you are going to cut the cake into layers with a knife, make an incision 1 cm/\(\frac{3}{8}\) in deep all round the cake. It is important to use a knife which is longer than the diameter of the cake. Hold the knife horizontally and cut the cake by turning it, thus gradually cutting through to the middle.

Spreading the filling on the layers
Jams and/or butter cream make the best filling. Use a palette knife, dough scraper or cake slice to spread the filling on the bottom layer.

Use the paper as before to move the middle layer onto it, making sure that the edges are aligned. Spread the filling on it as well. Then put the top layer on it.

Cover the top layer and the sides of the cake thinly with a little filling to bind the crumbs, then spread the rest of the cream on top. Use a knife to spread the butter cream on the sides.

Decorating the top and sides of the cake
You can decorate the cake with grated chocolate, peeled, toasted flaked almonds, ground hazelnuts, roast rolled oats or desiccated coconut. Put the chocolate, almonds, hazelnuts and so on near the cake and carefully slide them up the edge so that they adhere, using a dough scraper or knife.

Before decorating the top of the cake, divide it into portions with a cake divider or knife. Cake dividers are available to make 16 or 18 slices.

Decorating with a piping bag
Before you start filling the piping bag, turn the top downwards (about 5 cm/2 in) and outwards. Only fill the bag half full (if you need more cream you can always fill it again), then turn up the edge you folded down.

Push the cream down the bag carefully so that the air can escape, and gently twist the bag above the cream. Keep the piping bag upright, close it with your right hand and carefully press out the cream while guiding it with your left hand. Never hold the bag with your whole hand but only by the top nozzle with your thumb and forefinger. This is because the cream may liquefy if it comes into contact with the warmth of your hand.
Coating the cake with marzipan

In order to ensure that the marzipan sticks to the cake, first coat the cake with a very thin layer of cream or jam, for instance apricot jam, rubbed through a sieve. To make the marzipan mixture, knead the marzipan with a little icing (confectioner’s) sugar.

Roll out half the marzipan mixture between two sheets of clingfilm or a cut-open freezer bag so that it does not stick to the rolling-pin or work surface. Use the base of the springform tin as a template for the marzipan. Put it on the rolled out marzipan and cut away the excess with a pastry wheel or knife. Position the marzipan on the cake and press it down lightly.

To cover the sides of the cake, knead the left-over marzipan with the rest of the marzipan and roll it out between clingfilm or a cut-open freezer bag. Measure the height and circumference of the cake, roll out the marzipan accordingly, cut out a strip of marzipan of the correct size, and roll it up loosely. Stand the rolled-up strip of marzipan on end next to the cake, unroll it and press it lightly onto the side of the cake.

It is easier to divide the strip of marzipan in two before applying it on the sides of the cake. Press together the ends of the strip of marzipan where they join at the side of the cake and all round the cake where the top and sides join together.

Icing a cake

Coat the cake with jam or marzipan before applying the icing to prevent it from soaking into the cake. Use a smooth jam without pieces of fruit (if the jam contains pieces of fruit, rub it through a sieve to remove them and bring to the boil with a little water). Put the cake on a cake plate without an edge or on a rack. Put some baking parchment under the rack to catch any excess icing. Make the icing with icing (confectioner’s) sugar or chocolate and pour in the middle of the cake.

The icing must have the right consistency to stick to the cake properly and to cover the cake evenly. If the icing is too thick it will be difficult to spread. If the icing is too runny it will not cover the cake sufficiently and it will seep into the cake.

Spread the icing evenly across the top and side of the cake by tilting the cake. If necessary, use a knife to spread it along the sides where it has not covered sufficiently.

To create an even surface, lift the cake on the rack once or twice and carefully let it drop again. Then transfer the cake as quickly as possible onto a cake plate before the icing begins to set so that it does not crack while being moved. First loosen the cake from the rack or base with a knife. Carefully slide the cake onto the cake plate by tilting the rack or base and guiding it with the knife.

This must be done quickly so that the icing only sets after the cake has been transferred onto the cake plate.

Storing

Cakes with a cream or custard filling or topping will keep in the refrigerator for 1–2 days.

If cakes decorated with whipped cream or custard are to be deepfrozen it is best to freeze the cake before wrapping so that the decoration does not get damaged.

If possible, wrap pastry in portions because once it has been defrosted it cannot be frozen again.

Storage time: 3 months up to a maximum of 6 months.

Cakes and confectionery should be defrosted in their wrapping at room temperature. Depending on the size and type, cakes or pastries with fruit or fruit and cream filling need more time to defrost than cakes or pastry with only a cream filling. Do not cut cakes or pastries until they are defrosted.
71 | Basic recipe for 1 springform tin

For a springform tin (diameter 26 cm/10 in):
some fat
baking parchment

For the sponge mixture:
4 medium eggs
3 tablespoons hot water
125 g/4⅛ (⅝ cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
100 g/3⅓ oz (1 cup) plain (all-purpose) flour
2 level teaspoons baking powder
100 g/3⅓ oz (¼ cup) cornflour (cornstarch)
for a dark sponge, 2 teaspoons cocoa powder

1. Preheat the oven and grease the springform tin and line with baking parchment.

2. To make the dough, whisk the eggs with the hot water in a mixing bowl using a hand mixer with whisk at the highest setting until foamy. Mix together the sugar and vanilla sugar, sprinkle into the egg mixture over a period of 1 minute while stirring, and continue whisking for another 2 minutes.

3. Mix together the flour, baking powder and cornflour (and cocoa powder if used), sift and stir quickly into the mixture at the lowest setting. Transfer the dough into the springform tin, smooth out the surface and put in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 35 minutes.

4. Remove the cake from the springform tin and leave to cool on a rack lined with baking parchment. Then peel off the baking parchment on which it was cooked.

Tip: Cut the cake horizontally to make three layers, cover each layer with cream or butter cream and reassemble.
72 | Orange biscuits

Quick (about 45 pieces/3 baking sheets)

Preparation time: about 30 minutes
Baking time: about 10 minutes per baking sheet

For the baking sheet:
baking parchment

For the sponge mixture:
2 medium eggs
4 teaspoons orange juice
100 g/3 1/2 oz (1/2 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
grated zest of 1 untreated orange
100 g/3 1/2 oz (1 cup) plain (all-purpose) flour
50 g/2 oz (6 tablespoons) cornflour (cornstarch)
4 level teaspoons custard powder, vanilla flavour

For the icing:
100 g/3 1/2 oz (1/2 cup) icing (confectioner’s) sugar
1–2 tablespoons orange juice

Per piece:
P: 1 g, F: 1 g, C: 6 g, kJ: 121, kcal: 29

1. Preheat the oven and line the baking sheet with baking parchment.

2. To make the dough, whisk the eggs with the orange juice in a mixing bowl using a hand mixer with whisk at the highest setting until foamy. Mix together the sugar, vanilla sugar and orange zest, sprinkle into the egg mixture over a period of 1 minute while stirring, and continue whisking for another 2 minutes.

3. Mix together the flour, cornflour and custard powder, sift and stir quickly into the mixture at the lowest setting. Using 2 teaspoons, put little heaps of the dough mixture on the baking sheet, not too close together, and put the baking sheet in the oven.

   Top/bottom heat: about 180 °C/350 °F (preheated),
   Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
   Baking time: about 10 minutes per baking sheet.

4. Remove the biscuits from the baking sheet together with the baking parchment and put on a rack to cool.

5. To make the icing, sift the icing (confectioner’s) sugar, mix together with the orange juice to make a thick mixture, and spatter on the biscuits when they have cooled down.

Variation: For lemon biscuits, use lemon juice instead of orange juice and replace the grated zest of 1 untreated orange with the grated zest of 1 untreated lemon.
73 | Swiss roll

Popular (about 12 pieces)

Preparation time: about 30 minutes, excluding cooling time
Baking time: about 15 minutes

For a baking sheet (40 x 30 cm/ 16 x 12 in):
some fat
baking parchment

For the sponge mixture:
5 medium eggs
yolk of 1 medium egg
75 g/2 1/2 oz (3/8 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
90 g/3 oz (7/8 cup) plain (all-purpose) flour
1/2 teaspoon baking powder

For the filling:
about 375 g/13 oz jam

For dusting:
30 g/1 oz (1/4 cup) icing (confectioner’s) sugar

Per piece:
P: 4 g, F: 3 g, C: 37 g, kJ: 831, kcal: 198

1. Preheat the oven. Grease and line the baking sheet with baking parchment. Fold the baking parchment along the open side of the baking sheet in such a way that it forms a rim.

2. To make the sponge mixture, whisk the eggs and egg yolk in a mixing bowl using a hand mixer with whisk at the highest setting for 1 minute until foamy. Mix together the sugar and vanilla sugar, sprinkle into the egg mixture over a period of 1 minute while stirring, and continue whisking for another 2 minutes. Mix together the flour and baking powder, sift and stir quickly into the mixture at the lowest setting.

3. Spread the sponge mixture on the baking sheet and put the baking sheet in the oven.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 15 minutes.

4. Immediately after taking it out of the oven release the sponge from the edge of the baking sheet, turn it onto baking parchment and leave it to cool on a work surface.

5. To make the filling, rub the jam through a sieve. Carefully lift the sponge off the work surface, peel off the baking parchment and remove the dark baking crust if there is any. Spread jam evenly over the whole sponge. Roll up the sponge starting with the long side, refrigerate and dust with icing (confectioner’s) sugar before serving.
74 | Swiss roll with lemon and cream

Classic–refreshing (about 16 pieces)

Preparation time: about 45 minutes, excluding cooling time
Baking time: about 10 minutes

For the baking sheet:
some fat
baking parchment

For the sponge mixture:
4 medium eggs
yolk of 1 medium egg
2–3 tablespoons hot water
125 g/4 1/2 oz (5/8 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
100 g/3 1/2 oz (1 cup) plain (all-purpose) flour
1 pinch baking powder
25 g/1 oz (3 tablespoons) cornflour (cornstarch)

For the filling:
6 sheets gelatine
100 ml/3 1/2 fl oz (1/2 cup) lemon juice
400 ml/14 fl oz (1 3/4 cups) chilled whipping cream
100 g/3 1/2 oz icing (confectioner’s) sugar
grated zest of 1 untreated lemon

For the topping:
400 ml/14 fl oz (1 3/4 cups) chilled whipping cream
grated zest of 1 untreated lemon
3 drops vanilla essence in 1 tablespoon sugar

Per piece:
P: 5 g, F: 17 g, C: 25 g, kJ: 1144, kcal: 273

1. Preheat the oven. Grease and line the baking sheet with baking parchment. Fold the baking parchment along the open side of the baking sheet in such a way that it forms a rim.

2. To make the sponge mixture, whisk the eggs and egg yolk with the hot water in a mixing bowl using a hand mixer with whisk at the highest setting for 1 minute until foamy. Mix together the sugar and vanilla sugar, sprinkle into the egg mixture over a period of 1 minute while stirring, and continue whisking for another 2 minutes.

3. Mix together the flour, baking powder and cornflour, sift and stir quickly into the mixture at the lowest setting. Spread the sponge mixture evenly on the baking sheet and put in the oven.

   Top/bottom heat: about 200 °C/400 °F (preheated),
   Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
   Baking time: about 10 minutes.

4. Turn the sponge onto baking parchment, sprinkled with sugar, immediately after taking out of the oven and leave
to cool, still with the baking parchment on which it was baked.

5. To make the filling, soak the gelatine following the instructions on the packet. Warm the lemon juice, squeeze the gelatine lightly and dissolve in the lemon juice. Whip the cream almost stiff with the sifted icing sugar and lemon zest. Whisk in the lukewarm gelatine and juice mixture and continue whipping until the cream is very stiff.

6. Carefully peel off the baking parchment from the sponge and spread the lemon and cream mixture evenly over the sponge. Roll up starting from the long side and refrigerate.

7. For the topping, whip the cream with the lemon zest and vanilla sugar, then coat the sponge roll with it. Use a fork or cake comb to make a decorative wave pattern.

Tip: For a quicker result, dust the sponge roll with icing sugar instead of cream.
**Lüneburger Buchweizentorte (Lüneburger buckwheat fancy cake)**

Traditional (about 16 pieces)

**Preparation time:** about 55 minutes, excluding cooling time  
**Baking time:** about 30 minutes

For a springform tin (diameter 26 cm/10 in):
- some fat  
- baking parchment

For the sponge mixture:
- 5 medium eggs  
- 4 teaspoons hot water  
- 150 g/5 oz (3/4 cup) sugar  
- 3 drops vanilla essence in 1 tablespoon sugar  
- 1–2 drops almond essence  
- 150 g/5 oz buckwheat flour  
- 1 level teaspoon baking powder  
- 100 g/3 1/2 oz ground hazelnut kernels

For the filling:
- 1 packet powdered gelatine  
- 2 tablespoons cold water  
- 600 ml/21 oz (2 1/2 cups) chilled whipping cream  
- 2–3 drops natural vanilla essence in 1–2 tablespoons sugar  
- 2 jars (each 395 g/14 oz) wild cranberries

For the topping:
- ground pistachio nuts

**Per piece:**  
P: 5 g, F: 17 g, C: 24 g, kJ: 1142, kcal: 272

1. Preheat the oven, grease the bottom of the springform tin and line with baking parchment.

2. To make the sponge, whisk the eggs with the hot water in a mixing bowl using a hand mixer with whisk at the highest setting for 1 minute until foamy. Mix together the sugar and vanilla sugar, sprinkle into the egg mixture over a period of 1 minute while stirring, and continue whisking for another 2 minutes. Stir in the almond essence. Mix together the buckwheat flour and baking powder, and stir quickly into the mixture at the lowest setting. Stir in the hazelnuts in the same way. Spoon the sponge into the springform tin, smooth out the surface and put in the oven.

   **Top/bottom heat:** about 180 °C/350 °F (preheated),  
   **Fan oven:** about 160 °C/325 °F (preheated), **Gas mark 4** (preheated),  
   **Baking time:** about 30 minutes.

3. Remove the cake from the springform tin and turn out onto a wire rack lined with baking parchment. Then peel off the baking parchment on which it was baked and cut the cake twice horizontally. Put the bottom layer on a cake plate.
4. To make the filling, stir the gelatine in the water in a small pan, leave to soak for 10 minutes and then warm up while stirring until it is dissolved. Beat together the whipping cream and vanilla sugar until almost stiff, add the lukewarm gelatine mixture and continue whisking until the cream mixture is very stiff.

5. Spread one jar of cranberries on the bottom layer, leaving 1 cm/⅜ in uncovered around the edge. Cover with about 3 tablespoons cream and put the middle layer on top. Spread the other jar of cranberries on top and cover with the cream. Finally, put the top layer in place. Coat the top and sides of the torte with cream and decorate the sides with a wavy pattern using a cake comb. Put the rest of the cream in a piping bag with a small nozzle, decorate the cake and refrigerate until serving. Garnish the cake with the rest of the cranberries and pistachio nuts just before serving.

Tip: The cake tastes best when made the day before and refrigerated until it is served.
76 | Schwarzwälder Kirschtorte (Black Forest cherry gateau)

Classic (about 16 pieces)

Preparation time: about 60 minutes, excluding cooling time
Baking time: about 45 minutes

For a springform tin (diameter 28 cm/11 in):
- some fat
- baking parchment

For the dough:
- 125 g/4 1/2 oz (5/8 cup) plain (all-purpose) flour
- 10 g/1 1/2 oz (1 tablespoon) cocoa powder
- 1 pinch baking powder
- 50 g/2 oz (1/4 cup) sugar
- 3 drops vanilla essence in 1 tablespoon sugar
- 2 teaspoons Kirsch
- 75 g/3 oz (5 tablespoons) soft butter or margarine

For the sponge mixture:
- 4 medium eggs
- 100 g/3 1/2 oz (1/2 cup) sugar
- 3 drops vanilla essence in 1 tablespoon sugar
- 100 g/3 1/2 oz (1 cup) plain (all-purpose) flour
- 1/2 level teaspoon baking powder
- 25 g/1 oz (3 tablespoons) cornflour (cornstarch)
- 10 g/3/8 oz (1 tablespoon) cocoa powder
- generous pinch powdered cinnamon

For the filling:
- 1 can sour cherries, drained weight 350 g/12 oz or
- 500 g/18 oz sour cherries and 75 g/ 2 1/2 oz (3/8 cup) sugar

For the glaze:
- 2 teaspoons arrowroot
- 250 ml/8 fl oz (1 cup) cherry juice, from the can
- about 2 tablespoons Kirsch
- 1 sachet powdered gelatine, white
- 3 tablespoons cold water
- 800 ml/28 fl oz (3 1/2 cups) cooled whipping cream
- 40 g/1 1/2 oz (3/8 cup) icing (confectioner’s) sugar
- 3 drops vanilla essence in 1 tablespoon sugar

Per piece:
P: 6 g, F: 21 g, C: 35 g, kJ: 1490, kcal: 356

1. Preheat the oven and grease the bottom of the springform tin.

2. To make the dough, carefully mix together the flour, cocoa powder and baking powder and sift into a mixing
bowl. Add the other ingredients for the dough and stir with a hand-mixer with a kneading hook, first briefly at the lowest setting, then at the highest setting for about 5 minutes, to make a smooth dough. Then form into a ball using your hands. Roll out and line the greased bottom of the springform tin, prick several times with a fork and put the ring round the base again. Put the springform tin on a shelf into the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 15 minutes.

3. Turn the base out immediately after removing from the oven and leave on a wire rack to cool down. Now clean the springform tin, grease the base and line with baking parchment.

4. To make the sponge mixture, whisk the eggs in a mixing bowl using a hand mixer with whisk at the highest setting for 1 minute until foamy. Mix together the sugar and vanilla sugar, sprinkle slowly into the egg mixture for a period of 1 minute while stirring and continue whisking for another 2 minutes. Mix together the flour, baking powder, cornstarch, cocoa powder and cinnamon, sift and stir quickly into the mixture at the lowest setting. Spoon the sponge mixture in the mould, smooth the surface flat and put on a shelf in the oven. Bake for about 30 minutes at the same temperature as the dough.

5. Loosen the ring and remove. Turn the sponge out onto a wire rack lined with baking parchment and leave to cool down. Then carefully peel off the baking parchment on which it was baked. Cut the sponge in half horizontally.

6. To make the filling, drain the cherries thoroughly in a colander, save the juice and reserve 250 ml/8 fl oz (1 cup). Alternatively wash fresh sour cherries, remove the stalks and stones, stir in the sugar and leave to draw out the juice for a few minutes. Put the cherries in a pan and bring to the boil. Then drain in a colander, reserve the juice and leave to cool down. Measure 250 ml/8 fl oz (1 cup) of this juice, and if necessary top up with water. Put 12 cherries for garnishing the cake to one side draining them on kitchen paper.

7. Make the glaze with juice, arrowroot and sugar. Take 250 ml/8 fl oz (1 cup) cherry juice. Blend 2 teaspoons arrowroot with a little of the liquid, then stir in the rest of the liquid. Bring to the boil and simmer for ½–1 minute until it is clear. Stir in the cherries and leave the mixture to cool down, then add the Kirsch. Stir the gelatine into water in a small pan, leave to soak for 10 minutes, then warm up while stirring until the gelatine has dissolved. Whip the cream until nearly stiff, whisk in the lukewarm gelatine mixture and continue whipping until very stiff. Sift the icing (confectioner's) sugar, mix together with the vanilla sugar and stir into the cream mixture.

8. Put the dough base on a cake plate and spread the cherry mixture on top, leaving 1 cm/3⁄8 in uncovered round the edge. Spread one-third of the cream mixture on top. Next put the lower sponge layer on top, press down lightly and spread half of the remaining cream on top of it. Put the second sponge layer on top and press down lightly again. Put 3 tablespoons of the whipped cream mixture in a piping bag with a star-shaped nozzle and put to one side. Cover the top and sides of the cake evenly with the rest of the cream mixture. Now decorate the top of the cake with the whipped cream in the piping bag and grated chocolate or chocolate shavings. Garnish with the cherries you have put aside. Refrigerate for at least 2 hours.

Tip: Soak the sponge layers with 3 tablespoons of Kirsch.
Preiselbeer-Eierlikör-Torte (Cranberry and egg liqueur cake)

Takes some time (about 16 pieces)

Preparation time: about 60 minutes, excluding cooling time
Baking time: about 35 minutes

For a springform tin (diameter 26 cm/10 in):
some fat
baking parchment

For the sponge mixture:
50 g/2 oz (4 tablespoons) butter
4 medium eggs
4 teaspoons hot water
100 g/3½ oz (1½ cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
30 g/1 oz (3 tablespoons) plain (all-purpose) flour
1 level teaspoon baking powder
200 g/7 oz ground hazelnut kernels
1 level teaspoon ground cinnamon
60 g/2 oz grated chocolate

For the filling:
1 jar (395 g/14 oz) wild cranberries

For the topping:
600 ml/21 oz (2½ cups) chilled whipping cream
30 g/1 oz (¼ cup) icing (confectioner’s) sugar
3 drops vanilla essence in 1 tablespoon sugar
150 ml/5 fl oz (½ cup) egg liqueur

Per piece:
P: 5 g, F: 25 g, C: 23 g, kJ: 1444, kcal: 345

1. Preheat the oven, grease the bottom of the springform tin and line it with baking parchment.

2. To make the sponge mixture, melt the butter in a small pan and leave to cool down. Whisk the eggs with the hot water in a mixing bowl using a hand mixer with whisk at the highest setting until foamy. Mix together the sugar and vanilla sugar, sprinkle into the egg mixture over a period of 1 minute while stirring, and continue whisking for another 2 minutes. Mix together the flour and baking powder, sift and stir quickly into the mixture at the lowest setting. Mix together the hazelnuts and cinnamon and stir into the plain (all-purpose) flour together with the grated chocolate in the same way. Spoon the dough into the springform tin, smooth out the surface and put in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 35 minutes.

3. Remove the cake from the springform tin and turn out onto a wire rack lined with baking parchment. Then peel
off the baking parchment on which it was baked. Cover the hot sponge with the cranberries, leaving 1 cm/\(\frac{3}{8}\) in uncovered all round. Then leave the sponge base to cool.

4. To make the topping, whip the cream until stiff with the sifted icing sugar and vanilla sugar. Spread half the cream over the cranberries. Put the rest of the whipped cream mixture in small amounts in a piping bag with a star-shaped nozzle and pipe around the edge of the cake so as to form a border round it that will prevent the egg liqueur from running off the sides. Pour the egg liqueur evenly over the cake and refrigerate for 3-4 hours.

Tip: Cranberries in a jar have already been thickened. But you can also use 2 jars of cranberry dessert (drained weight 175 g/6 oz each). Put the cranberry dessert in a sieve to drain, catch the juice and measure 350 ml/12 fl oz (1\(\frac{1}{2}\) cups) of this juice. Make a glaze by blending 3 teaspoons arrowroot with a little of this liquid, then stir in the rest of the liquid. Bring to the boil and simmer for \(\frac{1}{2}\)-1 minute until it is clear. When cool, stir in the cranberries and use as described in the recipe.
Schokoladen-Sahne-Torte (Chocolate and cream torte)

Good for preparing in advance—popular (about 16 pieces)

Preparation time: about 75 minutes, excluding cooling time
Baking time: about 25 minutes

For a springform tin (diameter 26 cm/10 in):
- some fat
- baking parchment

To be made beforehand:
- 100 g/3 1/2 oz full milk chocolate
- 100 g/3 1/2 oz plain chocolate
- 800 ml/28 fl oz (3 1/2 cups) whipping cream

For the sponge mixture:
- 3 medium eggs
- 2 tablespoons hot water
- 100 g/3 1/2 oz (1/2 cup) sugar
- 3 drops vanilla essence in 1 tablespoon sugar
- 75 g/2 1/2 oz (3 1/4 cup) plain (all-purpose) flour
- 1 level teaspoon baking powder
- 40 g/1 1/2 oz (4 tablespoons) cornflour (cornstarch)
- 10 g/1/3 oz (2 tablespoons) cocoa powder

For the garnish:
- 15 g/1/2 oz grated chocolate
- some small squares of chocolate

Per piece:
P: 5 g, F: 18 g, C: 24 g, kJ: 1159, kcal: 276

1. Chop the chocolate into small pieces one day in advance. Heat the whipping cream in a pan. Remove from the heat and melt the chocolate in it while stirring. Transfer the cream and chocolate mixture into a mixing bowl and put in the refrigerator overnight.

2. The following day preheat the oven. Grease the bottom of the springform tin and line with baking parchment.

3. To make the sponge, whisk the eggs with the hot water in a mixing bowl using a hand mixer with whisk at the highest setting for 1 minute until foamy. Mix together the sugar and vanilla sugar, sprinkle into the egg mixture over a period of 1 minute while stirring, and continue whisking for another 2 minutes. Mix together the flour, baking powder, cornstarch and cocoa powder, sift and stir quickly into the mixture at the lowest setting. Spoon the sponge into the springform tin, smooth out the surface and put on a shelf in the oven.

   Top/bottom heat: about 180 °C/350 °F (preheated),
   Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
   Baking time: about 25 minutes.

4. Remove the cake from the springform tin and turn out onto a wire rack lined with baking parchment. Then peel off the baking parchment on which it was baked and cut in half horizontally.
5. Whip the chilled cream and chocolate mixture in 2 batches until stiff. Put the bottom half of the cake on a cake plate and spread two-thirds of the cream on top. Put the other half of the cake on top and press down lightly. Coat the top and sides with part of the remaining cream and sprinkle grated chocolate on top, then press it in lightly with a dough scraper. Decorate the cake with the rest of the cream using a piping bag and garnish with squares of chocolate. Refrigerate until serving.
For guests (about 16 pieces)

Preparation time: about 60 minutes, excluding cooling time
Baking time: about 30 minutes

For a springform tin (diameter 26 cm/10 in):
some fat
baking parchment

For the sponge mixture:
3 medium eggs
2 tablespoons hot water
100 g/3 1/2 oz (1/2 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
100 g/3 1/2 oz (1 cup) plain (all-purpose) flour
1 level teaspoon baking powder
25 g/1 oz (3 tablespoons) cornflour (cornstarch)

For the filling:
4 level teaspoons vanilla flavoured custard powder
25 g/1 oz (2 tablespoons) sugar
225 ml/8 oz (1 cup) milk
500 g/18 oz strawberries
4 sheets gelatine
600 ml/21 oz (2 1/2 cups) chilled whipping cream
40 g/1 1/2 oz (1/3 cup) icing (confectioner’s) sugar

For the garnish:
some blanched flaked almonds
250 g/9 oz strawberries

Per piece:
P: 4 g, F: 13 g, C: 22 g, kJ: 943, kcal: 225

1. Preheat the oven, grease the bottom of the springform tin and line with baking parchment.

2. To make the dough, whisk the eggs with the hot water in a mixing bowl using a hand mixer with whisk at the highest setting for 1 minute until foamy. Mix together the sugar and vanilla sugar, sprinkle into the egg mixture over a period of 1 minute while stirring, and continue whisking for another 2 minutes. Mix together the flour, baking powder and cornstarch, sift and stir quickly into the mixture at the lowest setting. Spoon the dough into the springform tin, smooth out the surface and put on a shelf in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 30 minutes.

3. Remove the cake from the springform tin and turn out onto a wire rack lined with baking parchment. Then peel off the baking parchment on which it was baked. Cut the cake in half horizontally and put the bottom half on a cake plate.
4. For the filling, make the custard with the custard powder, sugar and milk following the instructions on the packet, but with only 225 ml/8 fl oz (1 cup) milk. Leave the custard to cool down, stirring occasionally. Wash the strawberries, drain thoroughly, remove the stalks and cut in half. Soak the gelatine following the instructions on the packet and dissolve. Beat the whipping cream almost stiff together with the icing sugar, then add the lukewarm gelatine mixture and continue whipping until very stiff. Spread the custard mixture on the bottom half of the cake, leaving 1 cm/\(\frac{3}{8}\) in uncovered along the edge, arrange the strawberries on top (with the cut surface downward) and cover evenly with half the cream. Put the other half on top and press down lightly. Put 3 tablespoons of the cream in a piping bag with starshaped nozzle (diameter 1 cm/\(\frac{3}{8}\) in) and put to one side.

5. Coat the top and edges of the torte with the rest of the cream and decorate the cake with the cream in the piping bag. Roast the almonds in a pan without fat and leave to cool on a plate. Wash the strawberries and pat dry. Garnish the torte with the strawberries and almonds and refrigerate until serving.
Zuger Kirschtorte (Zuger cherry cake)

Classic–takes some time (about 16 pieces)

Preparation time: about 50 minutes, excluding cooling time
Baking time: about 3 ½ hours

For a springform tin (diameter 28 cm/11 in) and the baking sheet:

some fat
baking parchment

For the sponge mixture:
1 medium egg
yolks of 3 medium eggs
1–2 tablespoons hot water
100 g/3 ½ oz (1/2 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
100 g/3 ½ oz (1 cup) plain (all-purpose) flour
1 level teaspoon baking powder
25 g/1 oz (3 tablespoons) cornflour (cornstarch)

For the meringue base:
whites of 3 medium eggs
150 g/5 oz (3/4 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
100 g/3 ½ oz blanched ground almonds

For the butter cream:
40 g/1 ½ oz (4 1/2 tablespoons) custard powder, vanilla flavour
100 g/3 ½ oz (1/2 cup) sugar
500 ml/17 fl oz (2 3/4 cups) milk
250 g/9 oz (1 1/4 cups) soft butter

For moistening:
4 tablespoons water
60 g/2 oz (1 ¼ cup) sugar
4 tablespoons Kirsch

In addition:
50 g/2 oz blanched flaked almonds

For dusting:
25 g/1 oz (2 tablespoons) icing (confectioner’s) sugar

Per piece:
P: 212 g, F: 21 g, C: 38 g, kJ: 1545, kcal: 369

1. Preheat the oven. Grease the bottom of the springform tin and line with baking parchment.

2. To make the sponge mixture, whisk the egg and egg yolk with the hot water in a mixing bowl using a hand mixer with whisk at the highest setting for 1 minute until foamy. Mix together the sugar and vanilla sugar, sprinkle into the
egg mixture over a period of 1 minute while stirring and continue whisking for another 2 minutes. Mix together the flour, baking powder and cornstarch, sift and stir quickly into the mixture at the lowest setting. Transfer the dough into the prepared springform tin, smooth out the surface and put in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated),
Baking time: about 25-30 minutes.

3. Remove the cake base from the springform tin and turn out onto a wire rack lined with baking parchment. Then peel the baking parchment off the cake, when the cake base has cooled down.

4. To make the meringue base, draw 2 circles with a diameter of 26 cm/10 in on baking parchment. Beat the egg whites very stiff, add the sugar and vanilla sugar little by little and fold in the almonds. Put the meringue mixture in a piping bag with a small nozzle and pipe it onto the 2 paper circles to make the 2 meringue layers. Start by making a ring following the inside perimeter of the paper circle, then fill the rest of the circle with the meringue. Bake the meringue bases on the baking sheet one after the other.

Top/bottom heat: about 100 °C/200 °F (preheated),
Fan oven: about 100 °C/200 °F (not preheated),
Baking time: about 90 minutes per baking sheet.

5. Turn out the meringue bases onto a wire rack lined with baking parchment, then brush a little water on the baking parchment on which the meringue was baked, peel it off and leave the meringue to cool down.

6. To make the butter cream, make a custard with custard powder, 100 g/3 1/2 oz (1/2 cup) sugar and milk following the instructions on the packet. Leave to cool but do not refrigerate, stirring occasionally. Whisk the softened butter with a hand mixer with a whisk until smooth and homogenous and stir the cooled down custard into it little by little, making sure that the butter and custard are both room temperature so that the butter cream does not curdle.

7. For moistening the sponge base, bring the water and sugar to the boil and leave to cool down, then add the Kirsch. For decorating the edge, lightly roast the almonds in a pan with out fat and leave to cool down on a plate. Spread 1/4 of the butter cream on one of the meringue layers, put the sponge layer on top and sprinkle the Kirsch mixture over it, then spread half the butter cream on top. Cover with the second meringue layer and press down lightly. Cover the sides and top of the cake with the rest of the butter cream.

8. Sprinkle the almonds on the edge the cake and press lightly into the butter cream using a dough scraper. Dip a knife in hot water and make a lattice pattern on the top of the cake. Keep in the refrigerator and dust with icing sugar before serving.
81 | Butter cream torte

Traditional—suitable for freezing (about 16 pieces)

Preparation time: about 90 minutes, excluding cooling time
Baking time: about 30 minutes

For a springform tin (diameter 28 cm/11 in):
some fat
baking parchment

For the sponge mixture:
4 medium eggs
2 tablespoons hot water
150 g/5 oz (3/4 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
150 g/5 oz (1 1/3 cup) plain (all-purpose) flour
2 level teaspoons baking powder
50 g/2 oz (6 tablespoons) cornflour (cornstarch)

For the chocolate butter cream:
40 g/1 1/2 oz (4 1/2 tablespoons) chocolateflavoured custard powder
80 g/2 1/2 oz (3/4 cup) sugar
500 ml/17 fl oz (2 1/4 cups) milk

or
For the light-coloured butter cream:
40 g/1 1/2 oz (4 1/2 tablespoons) vanilla, almond, cream or caramel-flavoured custard powder
80 g/2 1/2 oz (3/4 cup) sugar
500 ml/17 fl oz (2 1/4 cups) milk

In addition:
about 2 tablespoons apricot preserve
50 g/2 oz chocolate flakes and, if desired, chocolate bark

Per piece:
P: 4 g, F: 17 g, C: 31 g, kJ: 1218, kcal: 291

1. Preheat the oven, grease the bottom of the springform tin and line with baking parchment.

2. To make the sponge, whisk the eggs with the hot water in a mixing bowl using a hand mixer with whisk at the highest setting for 1 minute until foamy. Mix together the sugar and vanilla sugar, sprinkle into the egg mixture over a period of 1 minute while stirring and continue whisking for another 2 minutes. Mix together the flour, baking powder and cornstarch, sift and stir quickly into the mixture at the lowest setting. Spoon the sponge into the springform tin, smooth out the surface and put on a shelf in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 30 minutes.

3. Remove the cake from the springform tin and turn out onto a wire rack lined with baking parchment. Then peel
off the baking parchment on which the cake was baked and cut into three equal rounds.

4. To make the chocolate butter cream, make a custard with custard powder, sugar and milk following the instructions on the packet but with 80 g/2 1/2 oz (3/8 cup) sugar. Leave the custard to cool (but do not refrigerate), stirring occasionally. For the lightcoloured butter cream, make a custard with custard powder, sugar and milk following the instructions on the packet but using only 80 g/2 1/2 oz (3/8 cup) sugar. Leave the custard to cool (but do not refrigerate), stirring occasionally.

5. Whisk the softened butter with a hand mixer with whisk until smooth and homogenous. Spoon the cooled custard into the butter little by little, having made sure that the butter and custard are both at room temperature so that the butter cream will not curdle.

6. Put the bottom layer on a cake plate and spread with jam, then cover with 1/4 of the butter cream. Put the second layer on top, press down lightly and cover with half the remaining cream. Finally put the third layer on top and press down again lightly. Coat the sides and top of the cake thinly and evenly with the remaining cream. Sprinkle the sides with chocolate flakes and decorate the top with the cream in the piping bag. Garnish with chocolate bark if desired.
Hazelnut and strawberry slices

Fruity–sophisticated (about 20 pieces)

Preparation time: about 60 minutes, excluding cooling time
Baking time: about 27 minutes

For a baking sheet (40 x 30 cm/16 x 12 in):
1 baking frame

For the shortcrust pastry:
100 g/3 1/2 oz ground hazelnut kernels
150 g/5 oz (1 1/3 cup) plain (all-purpose) flour
50 g/2 oz (6 tablespoons) cornflour (cornstarch)
1 level teaspoon baking powder
100 g/3 1/2 oz icing (confectioner’s) sugar
3 drops vanilla essence in 1 tablespoon sugar
150 g/5 oz (3/4 cup) soft butter or margarine

For the coating:
150 g/5 oz strawberry jam or redcurrant jelly

For the sponge mixture:
4 medium eggs
4 teaspoons hot water
125 g/4 1/2 oz (5/8 cup) sugar
125 g/4 1/2 oz (1 1/4 cups) plain (all-purpose) flour
1 level teaspoon baking powder
25 g/1 oz (3 tablespoons) cornflour (cornstarch)

For the filling:
1.5 kg/3 1/4 lb strawberries
50 g/2 oz (1/2 cup) icing (confectioner’s) sugar
4 teaspoons arrowroot
4 teaspoons sugar

Per piece:
P: 4 g, F: 11 g, C: 38 g kJ: 1140 , kcal: 272

1. Roast the hazelnuts lightly in a pan without fat and put on a plate to cool down. Preheat the oven, grease the baking sheet with fat and line with baking parchment.

2. To make the shortcrust pastry, mix together the flour, cornstarch, baking powder and icing (confectioner’s) sugar, sift into a mixing bowl, add the other ingredients for the sponge together with the roasted hazelnuts and stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting, to make the dough. Then roll it into a ball using your hands. Roll out the pastry and put it on the greased baking sheet lined with baking parchment. Prick several times with a fork, put a baking frame (40 x 30 cm/16 x 12 in) round it and put the baking sheet in the oven.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 4 (preheated),
Baking time: about 12 minutes.

3. Put the base with the baking sheet and baking frame on a rack to cool down. Rub the jam through a sieve, or stir the jelly to make it smooth and spread it on the base.

4. To make the sponge, whisk the eggs with the hot water in a mixing bowl using a hand mixer with whisk at the highest setting for 1 minute until foamy. Sprinkle the sugar into the egg mixture over a period of 1 minute while stirring, and continue whisking for another 2 minutes. Mix together the flour, baking powder and cornstarch, sift and stir quickly into the mixture at the lowest setting.

5. Spread the sponge mixture on the base, return the baking sheet to the oven and bake at the same temperature for another 15 minutes.

6. Put the base with the baking sheet and baking frame on a rack and leave to cool.

7. Wash the strawberries, drain, remove the stalks, cut in half, dust with icing (confectioner’s) sugar and leave to stand to draw out the juice. Then drain the strawberries in a sieve, catch the juice and arrange the strawberries on the base.

8. Top up the juice of the strawberries with water to make up 500 ml/17 fl oz (2 1/4 cups). Make a glaze by blending 4 teaspoons arrowroot with a little of the liquid, then stir in the rest of the liquid. Add 4 teaspoons sugar. Bring to the boil and simmer for 1/2–1 minute until it is clear. When it has cooled a little, pour it over the strawberries and leave to set. Then carefully remove the baking frame, loosening it with a knife.

Tip: If you do not have a baking frame, you can make the cake in a roasting tin (40 x 30 cm/16 x 12 in).
Almond and cherry cake

Easy (about 20 pieces)

Preparation time: about 25 minutes
Baking time: about 45 minutes

For a baking sheet with sides about 2 cm/3⁄4 in high (40 x 30 cm/16 x 12 in) or a roasting tin:
some fat
breadcrumbs

For the filling:
2 jars sour cherries (drained weight 350 g/12 oz each)

For the sponge mixture:
whites of 9 medium eggs
yolks of 9 medium eggs
250 g/9 oz (1 1⁄8 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
1–2 drops almond essence
1 pinch ground cinnamon
2 teaspoons Kirsch
300 g/10 oz unblanched, ground almonds
100 g/3 1⁄2 oz breadcrumbs

Per piece:
P: 7 g, F: 11 g, C: 24 g, kJ: 959, kcal: 229

1. Preheat the oven, grease the bottom of the baking sheet or roasting tin and sprinkle with breadcrumbs. Drain the cherries thoroughly in a sieve.

2. To make the sponge mixture, put the egg whites in a mixing bowl and whisk until very stiff and put to one side. Mix together the egg yolks with the sugar, vanilla sugar, almond essence, cinnamon and Kirsch in a large mixing bowl with a hand mixer with whisk at the highest setting until foamy. Fold in the almonds and breadcrumbs, then also fold in the stiff egg whites. Spread the cake mixture on the baking sheet. Arrange the cherries on the cake mixture. Put the baking sheet in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 45 minutes.

3. Put the baking sheet or roasting tin on a rack and leave the sponge to cool down.

Tips: Dust the almond and cherry cake with icing (confectioner’s) sugar before serving.
This cake freezes very well. First let it cool down completely, then put it on a paper base in a freezer bag or freezer box.
To beat the egg whites very stiff, the bowl and whisk must be absolutely fat free and the egg white must not contain a trace of egg yolk.
84 | Mandarin orange and cheese slices

For children–light (about 10 pieces)

Preparation time: about 45 minutes, excluding cooling time
Baking time: about 10 minutes

For a baking sheet (40 x 30 cm/16 x 12 in):
some fat
baking parchment

For the sponge mixture:
3 medium eggs
2 tablespoons hot water
150 g/5 oz (3/4 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
100 g/3 1/2 oz (1 cup) plain (all-purpose) flour
1 level teaspoon baking powder
50 g/2 oz (6 tablespoons) cornflour (cornstarch)

For the filling:
2 cans mandarin oranges (drained weight 175 g/6 oz each)
100 ml/3 1/2 fl oz (1/2 cup) mandarin juice (from the cans)
6 sheets gelatine
500 g/18 oz curd cheese (low fat)
150 g/5 oz (3/4 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
grated zest of 1 untreated lemon
4 teaspoons lemon juice
200 ml/7 fl oz (1/6 cup) chilled whipping cream

Per piece:
P: 12 g, F: 8 g, C: 54 g, kJ: 1445, kcal: 345

1. Preheat the oven, grease the baking sheet and line with baking parchment. Fold the baking parchment to make a rim along the open side of the baking sheet.

2. To make the sponge mixture, whisk the eggs with the hot water in a mixing bowl using a hand mixer with whisk at the highest setting for 1 minute until foamy. Mix together the sugar and vanilla sugar, sprinkle into the egg mixture over a period of 1 minute while stirring, and continue whisking for another 2 minutes. Mix together the flour, baking powder and cornstarch, sift and stir quickly into the mixture at the lowest setting. Spread the sponge mixture on the baking sheet and put in the oven.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 10 minutes.

3. Carefully loosen the sponge along the edges and turn onto baking parchment, sprinkled with sugar. Brush the baking parchment on which the sponge was baked with a little water and peel off gently. Leave the sponge to cool down and then cut in two vertically to make 2 rectangles (30 x 20 cm/12 x 8 in).
4. To make the filling, drain the mandarins in a sieve, reserving 100 ml/3 1/2 fl oz (1/2 cup) of the juice. Soak the gelatine following the instructions on the packet. Stir together the curd cheese, sugar, vanilla sugar, lemon zest and lemon juice. Heat the mandarin juice. Squeeze out the gelatine, add to the mandarin juice and stir until dissolved. Stir 4 tablespoons of the curd cheese mixture in the dissolved gelatine using a whisk, then stir in the rest of the curd cheese mixture.

5. Whip the cream until stiff. When the curd cheese mixture begins to thicken, fold in the cream with the mandarins. Spread the filling on one of the rectangles, put the other rectangle on top (with the underside facing upward) and press down lightly. Smooth the sides flat and refrigerate for about 2 hours.

Tip: Dust with icing sugar before serving and cut into portions.
Cheese and oil cake mixture

Curd cheese and oil cake mixture is similar to yeast dough in consistency and can be used as a pastry, but it does not need to rise.
The mixture is elastic, and pastry made with it tastes best when fresh.
The mixture is made with plain (all-purpose) flour, baking powder, cornstarch, oil, sugar, milk and/or egg. Like yeast dough, curd cheese and oil mixture is very good for cakes and also for small pastries.

Preheating the oven
First preheat the oven. In the case of an oven with top and bottom heat, the oven must be heated thoroughly. If the baking time is 30 minutes or less, even fan ovens and gas ovens must be preheated. If the baking time is over 30 minutes, preheating will not be necessary in the case of fan and gas ovens.

Preparing the baking sheet or baking tin
Grease the baking sheet or baking tin with soft margarine or butter and spread it evenly with a brush. Do not use oil because it will run down the edges.
In the case of small pastries, the baking sheet need not be greased; it is simply lined with baking parchment.

Mixing and sifting the flour and baking powder
Sifting aerates the flour and distributes the baking powder evenly, thus producing pastry with a lighter texture.
Wholemeal flour and baking powder should only be mixed together, not sifted, because the coarser texture of wholemeal flour makes sifting impossible.

Making the dough
Sift the flour and baking powder in a mixing bowl. Depending on the recipe, mix together the sugar, vanilla sugar, salt, curd cheese, milk and/or egg and oil using a hand mixer with whisk, first at the lowest setting, then at the highest setting to make a smooth dough (do not whisk too long or the dough may become sticky). Beat the egg in a cup to check if it is fresh before adding to the mixture.
The oil is particularly important in this kind of dough and should not be replaced by solid fat. Any oil with a neutral taste can be used, for instance sunflower oil, corn oil or soya oil.
Dust the dough lightly with flour, remove it from the mixing bowl and roll out on a floured work surface and proceed according to the recipe.

Baking curd cheese and oil mixture
Bake curd cheese and oil mixture following the instructions in the recipe. When the cake or pastry is baked, remove it immediately from the tin or baking sheet and put on a rack to cool down. Pastries and cakes made from curd cheese and oil mixture should be eaten as fresh as possible.

Storing
Curd cheese and oil cakes and pastries taste best when fresh. They can also be frozen, then defrosted at room temperature in their wrapping.
85 | Basic recipe for 1 baking sheet

For a baking sheet (40 x 30 cm/16 x 12 in):

some fat

For the cheese and oil cake mixture:
300 g/10 oz (3 cups) plain (all-purpose) flour
3 level teaspoons baking powder
75 g/2\frac{1}{2} oz (\frac{3}{8} cup) sugar (leave out in the case of savoury pastry)
3 drops vanilla essence in 1 tablespoon sugar (leave out in the case of savoury pastry)
1 pinch salt
150 g/5 oz curd cheese (low fat)
100 ml/3\frac{1}{2} fl oz (\frac{1}{2} cup) milk
100 ml/3\frac{1}{2} fl oz (\frac{1}{2} cup) cooking oil, e.g. sunflower oil

1. Preheat the oven at the top and bottom and grease the baking sheet.

2. To make the dough, carefully mix together the flour and baking powder and sift into the mixing bowl. Add the other ingredients and stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting, to make a smooth dough. Do not knead too long or the dough may become sticky. Then shape into a cylinder on a floured work surface.

3. Roll out the dough and line the greased baking sheet.

4. Make the topping of your choice, for instance, cut the fruit into small pieces, put on the dough and sprinkle with crumble or pour a glaze on top. You can also put a savoury topping on top to make a pizza for instance. Put the baking sheet in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 25 minutes (depending on the topping).

5. Put the pastry or cake, still on the baking sheet, on a rack to cool down (but a pizza should be served hot).
86 | Kolatschen (Czech speciality)

Traditional (20 pieces/3 baking sheets)

Preparation time: about 50 minutes, excluding cooling time
Baking time: about 15 minutes per baking sheet

For the cake mixture:
400 g/14 oz (4 cups) plain (all-purpose) flour
1 packet (16 g) baking powder, 75 g/2½ oz (3½ cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt, 200 g/7 oz curd cheese (low fat)
100 ml/3½ fl oz (½ cup) milk, 100 ml/3½ fl oz (½ cup) cooking oil

For the cheese topping:
300 g/10 oz curd cheese (low fat), 50 g/2 oz (4 tablespoons) soft butter, 50 g/1¾ oz (4 tablespoons) sugar
30 g/1 oz (3 tablespoons) cornflour (cornstarch)
4 teaspoons lemon juice
1 medium egg

For the plum topping:
4 teaspoons plum purée

For the poppy seed topping:
1 packet (250 g/9 oz) oven-ready poppy seed topping

In addition:
50 g/2 oz blanched flaked almonds
3 tablespoons apricot preserve

Per piece:
7 g, F: 13 g, C: 32 g, kJ: 1046, kcal: 250

1. Preheat the oven at top and bottom and line the baking sheet with baking parchment.

2. To make the dough, carefully mix together the flour and baking powder and sift into the mixing bowl. Add the other ingredients and stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting, to make a smooth dough. Do not knead too long or the dough may become sticky. Then shape into a cylinder on a floured work surface.

3. For the curd cheese topping, stir together the curd cheese, softened butter, sugar, cornstarch, lemon juice and egg. Stir the plum purée until smooth to make the plum topping. Cut the dough into 20 pieces and shape into balls. Flatten the balls of dough in the middle so as to form a raised edge all round.

4. Put some of the dough balls (6–7) on the prepared baking sheet and put some curd cheese, poppy seed and plum purée topping on each. First put 1 tablespoon curd cheese mixture on the dough, then a blob of plum purée in the middle. Cut a corner in the poppy seed packet and sprinkle a large ring all round. Put the baking sheet in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 15 minutes per baking sheet.
5. Make the rest of the kolatschen in the same way and bake. Put on a rack to cool. Roast the almonds in a pan without fat until lightly brown and put on a plate to cool. Rub the apricot jam through a sieve and bring to the boil while stirring. Spread over the cooled kolatschen and sprinkle the almonds on top.

Tips: Make the remaining kolatschen on baking parchment and simply slide onto the baking sheet. You can replace the ready-made poppy seed filling with 125 g/ 5 oz freshlyground poppy seeds, 75 ml/3 fl oz (3/8 cup) boiling water, 1 medium egg, 2 tablespoons honey and 25 g/1 oz (2 tablespoons) butter. Pour the boiling water on the ground poppy seeds and leave them to swell briefly. Then stir in the remaining ingredients and leave to swell briefly again. Continue working the poppy seed as described in point 4 above.
87 | Banana turnovers

For children–easy (9 pieces)

Preparation time: about 20 minutes
Baking time: about 15 minutes

For the baking sheet:
baking parchment

For the cake mixture:
300 g/10 oz (3 cups) plain (all-purpose) flour
1 packet (16 g) baking powder
75 g/2½ oz (⅔ cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt, 125 g/4½ oz curd cheese (low fat)
100 ml/3½ fl oz (⅓ cup) milk, 100 ml/3½ fl oz (⅓ cup) cooking oil, e.g. sunflower oil

For the filling:
3 bananas
4 teaspoons apricot preserve
4 teaspoons lemon juice

For the coating and topping:
1 medium egg
blanched flaked almonds
some sugar crystals

Per piece:
P: 7 g, F: 13 g, C: 43 g, kJ: 1323, kcal: 316

1. Preheat the oven at the top and bottom and line the baking sheet with baking parchment.

2. To make the dough, carefully mix together the flour and baking powder and sift into the mixing bowl. Add the other ingredients and stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting, to make a smooth dough. Do not knead too long or the dough may become sticky. Then shape into a cylinder on a floured work surface. Roll out the dough to make a large square (36 x 36 cm/14 x 14 in) and then cut into 9 squares (12 x 12 cm/4¾ x 4¾ in).

3. For the filling, peel the bananas and cut each into 3 so that you have 9 pieces in all. Mix together the apricot jam and the lemon juice. Coat each piece of dough with this mixture using a pastry brush (leaving the edges uncovered), put a piece of banana on each and coat again with the apricot and lemon juice mixture. Brush the edges with beaten egg, fold the 2 opposing corners over the banana and press the edges down firmly.

4. Put the turnovers on the prepared baking sheet, brush with the rest of the beaten egg and sprinkle with flaked almonds or sugar crystals according to taste.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 15 minutes.
5. Put the banana turnovers on a rack to cool.

Tips: Serve the banana turnovers hot with whipped cream or vanilla sauce. Pineapple jam may be used instead of apricot jam.
Rolled slices (Coffee slices)

Quick (about 10 pieces)

Preparation time: about 40 minutes
Baking time: about 25 minutes

For the cake mixture:
150 g/5 oz (1 1/3 cup) plain (all-purpose) flour
4 level teaspoons baking powder, 40 g/1 1/2 oz (4 tablespoons) sugar
3 drops vanilla essence in 1 tablespoon sugar
1/2 teaspoon vanilla essence
1 pinch salt
75 g/3 oz curd cheese (low fat)
50 ml /1 1/2 fl oz (3 tablespoons) milk
50 ml /1 1/2 fl oz (3 tablespoons) cooking oil, e.g. sunflower oil

For the filling:
100 g/3 1/2 oz marzipan
50 g/2 oz (4 tablespoons) soft butter
1 medium egg
25 g/1 oz candied lemon peel
125 g/5 oz raisins
50 g/2 oz chopped hazelnut kernels
1 pinch ground cinnamon
1/2 teaspoon rum essence

For the icing:
80 g/3 oz (5/8 cup) icing (confectioner’s) sugar
2–4 teaspoons rum

Per piece:
P: 6 g, F: 17 g, C: 39 g, kJ: 1411, kcal: 337

1. Preheat the oven. Grease the baking sheet with fat and line it baking parchment.

2. To make the dough, carefully mix together the flour and baking powder and sift into the mixing bowl. Add the other ingredients and stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting, to make a smooth dough. Do not knead too long or the dough may become sticky. Then shape into a cylinder on a floured work surface.

3. For the filling, cut the marzipan into small pieces, add the softened butter and egg and stir with a hand mixer until the mixture is smooth and homogenous. Finely chop the candied lemon peel and add to the mixture together with the raisins, hazelnuts, cinnamon and rum essence.

4. Roll out the dough on a lightly floured work surface to form a square (30 x 30 cm/12 x 12 in) and cover with the marzipan mixture. Sprinkle the raisin mixture on top and press down lightly. Roll up the dough and put on the prepared baking sheet. Make a cut 2.5 cm/1 in deep along almost the whole length of the cake, about 25 cm/10 in, but without cutting through to the ends, pull slightly apart and press to flatten.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 25 minutes.

5. For the icing, sift the icing sugar and stir enough rum to make a thick glaze. Spread this over the cake immediately after removing it from the oven using a pastry brush. Leave to cool and cut into thin strips.
89 | Plum purée cake

Sophisticated (about 16 pieces)

Preparation time: about 30 minutes, excluding cooling time
Baking time: about 35 minutes

For a rectangular tin (30 x 11 cm/12 x 4\(\frac{1}{2}\) in):
some fat

For the cheese and oil cake mixture:
250 g/9 oz (2\(\frac{1}{2}\) cups) plain (all-purpose) flour
3 level teaspoons baking powder
50 g/1\(\frac{3}{4}\) oz (4 tablespoons) sugar
125 g/5 oz curd cheese (low fat)
3 tablespoons milk
3 tablespoons cooking oil, e.g. sunflower oil

For the filling:
200 g/7 oz marzipan
125 g/5 oz plum purée

For the coating:
2 teaspoons condensed milk

For the icing:
4 heaped teaspoons icing (confectioner’s) sugar
1–2 teaspoon lemon juice

For the topping:
2 teaspoons sugar crystals

Per piece:
P: 4 g, F: 8 g, C: 25 g, kJ: 781, kcal: 187

1. Preheat the oven at the top and bottom and grease the baking tin.

2. To make the dough, mix together the flour and baking powder, sift into a mixing bowl and add the other ingredients. Stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting until the dough is formed. Do not knead too long or the dough may become sticky. Then roll out the dough on a floured work surface to make a rectangle (30 x 25 cm/12 x 10 in) and cut in half lengthways.

3. For the filling, finely chop the marzipan and stir into the plum purée with a hand mixer with whisk until the mixture is smooth and homogenous. Spread this mixture over the two strips of dough, each time leaving a border of 2 cm/\(\frac{3}{4}\) in uncovered. Roll up the strips starting each time with the longer side.

4. Twist the 2 rolls round each other like a rope and put in the greased baking tin and make a cut 1\(\frac{1}{2}\) cm/\(\frac{1}{16}\) in deep along the domed ridges with a knife. Brush condensed milk over the dough and put on a shelf in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (not preheated), Gas mark 4 (preheated),
Baking time: about 35 minutes.

5. Remove the cake immediately from the tin and put on a rack to cool.

6. For the icing, sift the icing sugar, add lemon juice and stir until smooth. Spread over the cake and sprinkle with sugar crystals.

Tip: Cakes made from curd cheese and oil dough taste best when very fresh.
90 | Mandarin and Schmand cake

For children (about 20 pieces)

Preparation time: about 45 minutes, excluding cooling time
Baking time: about 40 minutes

For the cheese and oil cake mixture:
300 g/10 oz (3 cups) plain (all-purpose) flour
3 level teaspoons baking powder
75 g/2 1/2 oz (3/8 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt
125 g/5 oz curd cheese (low fat), 100 ml/3 1/2 fl oz (1/2 cup) milk
100 ml/3 1/2 fl oz (1/2 cup) cooking oil, e.g. sunflower oil

For the topping:
4 cans mandarin oranges (drained weight 175 g/6 oz per can)
80 g/3 oz (9 tablespoons) custard powder, vanilla flavour
100 g/3 1/2 oz (1/2 cup) sugar, 750 ml/1 1/4 pints (3 1/2 cups) milk
500 g/18 oz Schmand or crème fraîche
50 g/2 oz chopped almonds

For the icing:
200 g/7 oz (1 1/3 cups) icing (confectioner’s) sugar
2 tablespoons lemon juice

Per piece:
P: 5 g, F: 13 g, C: 43 g, kJ: 1312, kcal: 313

1. Preheat the oven at the top and bottom and grease the baking sheet with fat.

2. To make the dough, mix together the flour and baking powder, sift into a mixing bowl and add the other ingredients. Stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting until the dough is formed. Do not knead too long or the dough may become sticky. Then shape into a roll on a floured work surface. Roll out the dough and place a baking frame round it.

3. To make the topping, drain the mandarins thoroughly in a sieve. Make a custard with the custard powder, sugar and milk following the instructions on the packet, but with the ingredients listed here. Stir in the schmand and spread this warm mixture over the dough. Arrange the mandarins on the custard and schmand mixture and sprinkle the almonds on top. Put the baking sheet in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (not preheated), Gas mark 4 (not preheated),
Baking time: about 40 minutes.

4. Put the baking sheet on a rack and leave the cake on it to cool. Then carefully loosen the cake along the edges with a knife and remove the baking frame.

5. For the glaze, sift the icing sugar and add enough lemon juice to make a thick glaze. Sprinkle the glaze over the cake with a teaspoon.
Tip: If you do not have a baking frame you can bake the cake in a roasting tin.

Variation: Rub 4 tablespoons apricot jam through a sieve, then bring to the boil with 2 tablespoons water in a small pan and spread over the cake while it is still warm. Do not bake with the chopped almonds; roast them in a pan without fat, let them cool on a plate and sprinkle on the cake right at the end.
91 | Cheese and apple with crumble

Popular (about 20 pieces)

Preparation time: about 45 minutes
Baking time: about 60 minutes

For the cake mixture:
300 g/10 oz (3 cups) plain (all-purpose) flour
3 level teaspoons baking powder
75 g/2 1/2 oz (3/8 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt, 150 g/5 oz curd cheese (low fat)
100 ml/3 1/2 fl oz (1/2 cup) milk, 100 ml/3 1/2 fl oz (1/2 cup) cooking oil

For the filling:
1.5 kg/3 1/4 lb sharp apples
whites of 4 medium eggs
150 g/5 oz (3/4 cup) soft butter or margarine
100 g/3 1/2 oz (1/2 cup) sugar
2–3 drops lemon essence
yolks of 4 medium eggs
850 g/30 oz curd cheese (low fat), 50 g/2 oz (1/4 cup) semolina flour

For the crumble:
200 g/7 oz (2 cups) plain (all-purpose) flour
70 g/3 oz blanched ground almonds
150 g/5 oz (3/4 cup) sugar
1/2 teaspoon ground cinnamon
150 g/5 oz (3/4 cup) soft butter or margarine

Per piece:
P: 12 g, F: 22 g, C: 47 g, kJ: 1804, kcal: 431

1. Preheat the oven at the top and bottom and grease the baking sheet with fat.

2. To make the dough, mix together the flour and baking powder, sift into a mixing bowl and add the other ingredients. Stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting until the dough is formed. Do not knead too long or the dough may become sticky. Then shape into a roll on a floured work surface. Roll out the dough and place a strip of aluminium foil along the open end of the baking sheet to form an edge.

3. To make the topping, wash, peel, quarter and core the apples and cut them into thin segments. Arrange the segments overlapping on the base. Whisk the egg whites until they are very stiff with a hand mixer with whisk and put to one side. Put the softened butter or margarine in a mixing bowl and whisk with a hand mixer with whisk until smooth and homogenous. Add the sugar, lemon essence, egg yolk, curd cheese and semolina flour and whisk to incorporate all the ingredients. Fold the beaten egg whites into the curd cheese mixture. Cover the apples with this mixture.

4. To make the crumble, sift the flour and add the almonds, sugar, cinnamon and softened butter or margarine. Stir together with a hand mixer with whisk until the crumble has the right texture. Sprinkle the crumble over the curd
cheese mixture and put the baking sheet in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (not preheated), Gas mark 4 (not preheated),
Baking time: about 60 minutes.

5. Put the baking sheet on a rack and leave the cake to cool down it.

Tip: Instead of the crumble, you can sprinkle 50 g/2 oz peeled, flaked almonds and 50 g/2 oz raisins over the curd cheese mixture.
Choux pastry

This pastry is very light and also slightly crisp when fresh. Choux pastry is particularly good for small pastries but it also makes a good base for cakes. Basically it consists of water, fat, plain (allpurpose) flour and sometimes cornflour (cornstarch), baking powder and eggs.

Preheating the oven
First, preheat the oven. In the case of an oven with top and bottom heat, the oven must be heated thoroughly. If the baking time is 30 minutes or less, even fan ovens and gas ovens must be preheated. If the baking time is over 30 minutes, preheating will not be necessary in the case of fan and gas ovens.

Preparing the baking sheet or springform tin
Grease the baking sheet or springform tin generously and evenly with soft margarine or butter using a pastry brush (do not use oil!) and dust lightly with flour. To do this, sift a little flour along one side of the baking sheet. In order to distribute the flour evenly and not too thickly on the baking sheet, tap the baking sheet with the non-floured side on the work surface so that the flour is distributed evenly and not too thickly (the excess flour is shaken off). Alternatively, line the baking sheet with baking parchment.

Bringing water and butter or margarine to the boil
Put the water and butter or margarine in a pan and bring to the boil (it is best to use a pan with a long handle). Then remove from the heat.

Sifting the flour and stirring it in
Mix the flour with the cornflour (cornstarch) if used, sift and add all at once to the hot liquid. Wholemeal flour is not sifted.
Stir with a wooden spoon until the mixture thickens and becomes detached from the sides of the pan, then heat for 1 minute while stirring continuously over high heat. One sign that indicates that the paste is ready is the thin white skin that forms at the bottom of the pan. Put the paste immediately in a mixing bowl.

Stirring in the eggs
Beat each egg separately in a cup in order to check its freshness. Blend the eggs into the hot paste one after the other using a hand mixer with kneading hook at the highest setting. Whisk the last egg and only add enough to the paste to make it shiny. It should hang from the spoon without falling off it. If the paste is too soft and thin it will result in flabby pastry.

Adding the baking powder to the paste
The baking powder is the last ingredient to be added to the cold paste. It must not come into contact with hot ingredients before baking because it would lose its rising properties and the pastry would not rise. Consequently, baking powder is not added to the flour when making choux pastry, but only incorporated right at the end. Continue according to the instructions in the recipe.

Baking choux pastry
Bake following the instructions in the recipe. The oven door should only be opened towards the end of the baking time and after checking that the pastry appears cooked. This is because choux pastry collapses very easily. When cooked, choux pastry should be dry inside.
Choux pastry which is to be be cut in two, such as éclairs or cream puffs, should be cut open with a knife immediately after being taken out of the oven and placed next to each other to cool.
Tip: If a small amount of choux pastry is left in the piping bag, pipe into little balls on the baking sheet, bake with the rest and use later as an addition to soups, puddings or for garnishing tortes.

Storing
Choux pastry tastes best when eaten on the day it is made. Unfilled choux pastry can easily be frozen. It should be defrosted in its wrapping at room temperature and cooked again for 5 minutes at the baking temperature given in the recipe.
For the baking sheet:
  some fat
  plain (all-purpose) flour

For the choux pastry:
  125 ml/4 fl oz (½ cup) water
  25 g/1 oz (2 tablespoons) butter or margarine
  75 g/2 1/2 oz (3/4 cup) plain (all-purpose) flour
  15 g/1 1/2 oz (1 1/2 tablespoons) cornflour (cornstarch)
  2–3 medium eggs
  1 pinch baking powder

1. Preheat the oven. Grease and flour the baking sheet.

2. For the choux pastry, bring the water to the boil in a small pan with the butter or margarine. Remove the pan from the heat. Mix together the flour and cornstarch, sift and add to the hot liquid all at once. Mix to make a smooth ball. Return the pan to the heat and cook for 1 minute, stirring all the time, then transfer to a mixing bowl.

3. Stir in 2 eggs, one after the other, using a hand mixer with kneading hook at the highest setting. Beat the last egg and add only enough to the paste to make it shiny. At this point the paste should hang from the wooden spoon without dropping off. Only stir in the baking powder when the paste is cold.

4. Transfer the paste to the piping bag with a large nozzle in small amounts and pipe 12 strips about 8 cm/3 in long onto the baking sheet. Put the baking sheet in the oven.

   Top/bottom heat: about 200 °C/400 °F (preheated),
   Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
   Baking time: about 20 minutes.

5. The oven door should not be opened during the first 15 minutes of baking because this may cause the pastry to collapse. Cut off the top immediately after taking it out of the oven and leave to cool on a rack.

6. Fill the lower half with the filling of your choice, for instance, thickened stewed fruit, custard or cream. Put the top back on and dust with icing sugar.
93 | Cream puffs

Classic–Popular (8 pieces)

Preparation time: about 30 minutes, excluding cooling time
Baking time: about 25 minutes

For the baking sheet:
some fat
plain (all-purpose) flour

For the choux pastry:
125 ml/4 fl oz (1/2 cup) water
25 g/1 oz (2 tablespoons) butter or margarine
75 g/2 1/2 oz (3/4 cup) plain (all-purpose) flour
15 g/1 1/2 oz (1 1/2 tablespoons) cornflour (cornstarch)
2–3 medium eggs
1 pinch baking powder

For the filling:
500 g/18 oz sour cherries
50 g/1 3/4 oz (4 tablespoons) sugar
15 g/1 1/2 oz (1 1/2 tablespoons) cornflour (cornstarch)
some sugar
500 ml/17 fl oz (2 1/4 cups) chilled whipping cream
25 g/1 oz (1/4 cup) icing (confectioner’s) sugar
3 drops vanilla essence in 1 tablespoon sugar

For dusting:
20 g/3/4 oz (3 tablespoons) icing (confectioner’s) sugar

Per piece:
P: 5 g, F: 24 g, C: 33 g, kJ: 1543, kcal: 368

1. Preheat the oven. Grease and flour the baking sheet.

2. For the dough, bring the water to the boil in a small pan with the butter or margarine. Remove the pan from the heat. Mix together the flour and cornstarch, sift and add to the hot liquid all at once. Mix to make a smooth ball. Return the pan to the heat and cook for 1 minute, stirring continuously, then transfer to a mixing bowl.

3. Stir in 2 eggs, one after the other, using a hand mixer with kneading hook at the highest setting. Beat the last egg and add only enough to the paste to make it shiny. At this point the paste should hang from the wooden spoon without dropping off. Only stir in the baking powder when the paste is cold. Using 2 teaspoons or a piping bag, make or pipe 8 small balls onto the greased, floured baking sheet. Put the baking sheet in the oven.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 25 minutes.

4. The oven door should not be opened during the first 15 minutes of baking because this could cause the pastry to collapse. Cut off the top immediately after taking the pastry out of the oven and leave to cool on a rack.
5. For the filling, wash the sour cherries, remove the stalks, stone, add the sugar and leave for a while for the sugar to draw out the juice. Transfer the cherries into a pan together with the juice and bring to the boil. Drain the cherries in a sieve, collect the juice and reserve 125 ml/4 fl oz (½ cup) and top up with water if necessary. Stir 4 tablespoons of the juice into the cornflour. Bring the rest of the juice to the boil and remove from the heat. Add the juice thickened with cornflour to the rest of the juice and bring back to the boil briefly. Stir in the cherries and add the sugar. Leave the cherry mixture to cool.

6. Whip the cream stiff with the sifted icing sugar and vanilla sugar and transfer to a piping bag with star-shaped nozzle in small amounts. Put some of the cherry mixture in the cream puffs and garnish with cream. Put the top back on and dust with icing (confectioner’s) sugar.
94 | Flockentorte

Takes some time (about 12 pieces)

Preparation time: about 60 minutes, excluding cooling time
Baking time: 75–90 minutes

For a springform tin (diameter 26 cm/10 in):
  some fat
  plain (all-purpose) flour

For the shortcrust pastry:
  150 g/5 oz (1 1/3 cup) plain (all-purpose) flour
  40 g/1 1/2 oz (4 tablespoons) sugar
  3 drops vanilla essence in 1 tablespoon sugar
  100 g/3 1/2 oz (3/8 cup) soft butter or margarine

For the choux pastry:
  125 ml/4 fl oz (1/2 cup) water
  25 g/1 oz (2 tablespoons) butter or margarine
  75 g/2 1/2 oz (3/4 cup) plain (all-purpose) flour
  15 g/1 1/2 oz (1 1/2 tablespoons) cornflour (cornstarch)
  2–3 medium eggs
  1 pinch baking powder

For the filling:
  1 can or jar sour cherries (drained weight 350 g/12 oz)
  200 ml/7 fl oz (7/8 cup) cherry juice (from the can or jar)
  2 teaspoons arrowroot
  4 teaspoons sugar
  some sugar
  400 ml/14 fl oz (1 3/4 cups) chilled whipping cream
  25 g/1 oz (1/4 cup) icing (confectioner’s) sugar
  3 drops vanilla essence in 1 tablespoon sugar

For coating:
  redcurrant jelly

For dusting:
  30 g/1 oz (1/4 cup) icing (confectioner’s) sugar

Per piece:
P: 5 g, F: 20 g, C: 37 g, kJ: 1468, kcal: 350

1. Preheat the oven and grease the bottom of the springform tin.

2. To make the shortcrust pastry, sift the flour in a mixing bowl, add the other ingredients for the dough and stir with a hand mixer with a kneading hook, first briefly at the lowest setting, then at the highest setting, to make a smooth dough. Then shape into a ball using your hands. Roll out and line the bottom of the springform tin. Prick several times with a fork and put the ring round the base again. Put the springform tin on a shelf in the oven.
Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 15 minutes.

3. Loosen the shortcrust pastry from the springform tin base but do not remove it. Leave it to cool on a rack. Then transfer it to a cake plate. Clean the springform tin base, then grease and flour it in preparation for the choux pastry.

4. For the choux pastry, bring the water to the boil in a small pan with the butter or margarine. Remove the pan from the heat. Mix together the flour and cornflour, sift and stir into the hot liquid all at once. Stir until the paste forms a smooth ball, then continue cooking while stirring for about 1 minute and transfer the paste to a mixing bowl.

5. Stir in 2 eggs, one after the other, using a hand mixer with kneading hook at the highest setting. Whisk the last egg and add only enough of it to the paste to make it shiny. At this point the paste should hang from the wooden spoon without dropping off. Only stir in the baking powder when the paste is cold.

6. Make three choux pastry layers. To do this, spread one-third of the paste on the greased springform tin base making sure that the paste is not too thin along the edges to avoid it being too dark when cooked. Repeat to make two more layers. Bake each layer on the base without the ring for 20–25 minutes at the same temperature until light brown.

7. The oven door should not be opened during the first 15 minutes of baking because this could cause the pastry to collapse. Remove the layers immediately after taking them out of the oven and leave to cool on a rack without being stacked.

8. For the filling, drain the sour cherries in a sieve and collect the juice. Reserve 200 ml/7 fl oz (7 1/8 cup) of this juice, topping up the quantity with water if necessary. Stir 2 teaspoons of arrowroot in the cold liquid and bring to the boil, stirring continuously; cook until it is clear. Stir in the cherries. Leave the mixture to cool and stir in the sugar. Whip the cream until stiff with the sifted icing sugar.

9. Spread a thin layer of redcurrant jelly on the shortcrust pastry and place a choux pastry layer on top. Cover with half the cherry mixture and spread one-third of the cream on top. Cover with the second choux pastry layer and spread the rest of the cherry mixture and cream on top. Crumble the third layer coarsely, scatter over the cream and dust with icing sugar.

Tips: If you have only one springform tin, bake the choux pastry layers one after the other on a baking sheet, lined with baking parchment. Draw the outline of the springform tin on the baking parchment and spread the paste inside the circle.
This torte tastes best when eaten fresh.
Strudel

Strudel is a very elastic pastry which is rolled out very thinly and stretched. It is often filled with fruit or a savoury filling. It is a crisp pastry and is made with plain (all-purpose) flour, water, egg and oil.

Sifting the flour
Sift the flour in a mixing bowl and make a well in the centre. If using wholemeal flour do not sift it because its coarse texture makes sifting impossible.

Adding the other ingredients
Add the other ingredients such as salt, water and sometimes egg and oil and stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting until the dough is smooth. It should be elastic but not too soft or sticky. If necessary, add a little more flour. When the dough has been sufficiently kneaded, shape it into a ball.

Leaving the dough to stand
Boil some water in a small pan so that the pan absorbs the heat. Then pour out the water and dry the pan. Place the dough in the pan, lined with baking parchment. Put the lid back on and leave to stand for 30 minutes.

Preparing the baking sheet
While the dough is standing, grease the baking sheet or line with baking parchment, depending on the recipe.

Preheating the oven
The oven should also be preheated while the dough is standing. In the case of an oven with top and bottom heat, the oven must be heated thoroughly. If the baking time is 30 minutes or less, even fan ovens and gas ovens must be preheated. If the baking time is over 30 minutes, preheating will not be necessary in the case of fan and gas ovens.

Rolling out and stretching the dough
Roll out the dough on a large floured tea towel. Coat it thinly with a little melted fat, and stretch it very carefully with the hands, or rather with the knuckles, to make a rectangle, following the instructions in the recipe, until it is transparent (the pattern of the tea-towel should be visible through the cloth). Trim the edges if they are thicker than the rest. Continue brushing with melted fat before and during the baking. This makes the strudel even more succulent. Fill and bake as described in the recipe.

Baking the strudel
Depending on the recipe, the strudel is brushed again with melted fat while baking. When cooked, remove the strudel with the baking parchment from the baking sheet and slide onto a rack to cool down. It can also be served warm.

Storing
Strudel tastes best when eaten fresh. If served the following day, crisp it up briefly in the oven. Baked strudel can easily be frozen and should be defrosted at room temperature in its wrapping and crisped up again in the oven.

Basic recipe
See the recipe for Viennese apple strudel.
Cheese strudel

Sophisticated—suitable for freezing (about 12 pieces)

Preparation time: about 40 minutes, excluding resting time
Baking time: about 45 minutes

For the strudel:
125 g/4 1/2 oz (1 1/4 cups) plain (all-purpose) flour
1 pinch salt, 1 medium egg
4 teaspoons lukewarm water
3–4 teaspoons cooking oil

For the filling:
40 g/1 1/2 oz (3 tablespoons) soft margarine or butter
40 g/1 1/2 oz (4 tablespoons) sugar
1 medium egg
2 teaspoons lemon juice
250 g/9 oz curd cheese (low fat)
4 teaspoons vanilla flavoured custard powder
4 teaspoons whipping cream
1 cans apricot halves (drained weight 240 g/8 1/2 oz)

For the coating and topping:
40 g/1 1/2 oz (3 tablespoons) butter
50 g/2 oz raisins

For dusting:
some icing (confectioner’s) sugar

Per piece:
P: 5 g, F: 9 g, C: 19 g, kJ: 747, kcal: 178

1. To make the dough, mix together the flour and baking powder, sift into a mixing bowl and add the other ingredients. Stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting until a smooth dough is formed. Boil some water in a small pan, pour out the water and wipe dry. Put the dough in the hot pan lined with baking parchment, cover with the lid and let stand for 30 minutes. Meanwhile, line the baking sheet with baking parchment and preheat the oven top and bottom.

2. For the filling, stir the softened margarine or butter until smooth and supple. Stir in the sugar, egg, lemon juice, curd cheese, custard powder and cream. Drain the apricot halves thoroughly in a sieve and cut into small pieces. Cut the dough in half and roll out on a floured tea towel to make rectangle measuring 40 x 30 cm/16 x 12 in.

3. Melt the butter. Brush the dough halves with some of this melted butter. Spread half the filling over two-thirds of each dough half, leaving about 3 cm/1 1/4 in uncovered along the edges, and sprinkle half the raisins and apricot pieces on top. Fold the uncovered part along the long sides onto the filling. Using the tea towel to help the process, roll up the dough halves starting from the short side and press the ends together. Put the strudel on the baking sheet, brush with a little butter and put in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (not preheated), Gas mark 4 (not preheated),
Baking time: about 45 minutes.

4. After 30 minutes in the oven, brush the strudel with the rest of the melted butter. After removing from the oven, put the strudel (without taking it off the baking sheet) on a rack to cool down. Alternatively, serve it hot and dust with icing (confectioner's) sugar if desired.

**Tip:** The strudel may also be served with hot vanilla sauce. When crisping up defrosted strudel, brush with melted butter and bake for 10 minutes at the temperature recommended in the recipe.
96 | Cherry cakes

For guests (12 pieces)

Preparation time: about 50 minutes, excluding resting time
Baking time: about 20 minutes

For the baking sheet:
baking parchment

For the strudel dough:
250 g/9 oz (2 1/2 cups) plain (all-purpose) flour
1 pinch salt
100 ml/3 1/2 fl oz (1/2 cup) lukewarm water
1 medium egg
2 teaspoons cooking oil

For the filling:
60 g/2 oz (5 tablespoons) margarine or butter
yolks of 2 medium eggs
100 g/3 1/2 oz marzipan
1 can or jar sour cherries (drained weight 350 g/12 oz)
30 g/1 oz sponge fingers 50 g/2 oz unblanched ground, almonds

In addition:
30 g/1 oz (2 tablespoons) butter
ome icing (confectioner’s) sugar

Per piece:
P: 6 g, F: 14 g, C: 26 g, kJ: 1073, kcal: 256

1. To make the dough, sift the flour into a mixing bowl and add the other ingredients. Stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting until it forms a smooth dough. Boil some water in a small pan, pour out the water and wipe dry. Put the dough in the hot pan lined with baking parchment, cover with the lid and let stand for 30 minutes. Meanwhile, line the baking sheet with baking parchment and preheat the oven.

2. For the filling, melt the butter or margarine, leave to cool a little and stir in the egg yolk. Finely chop the marzipan. Drain the sour cherries thoroughly in a sieve. Put the sponge fingers in a freezer bag and crush with a rolling-pin to make fine crumbs. Mix the almonds and the crumbs together.

3. Cut the dough in half and roll out each half on a floured tea towel to make rectangles (of about 45 x 30 cm/18 x 12 in). Trim the edges if they are thicker than the rest of the rectangles. Cut the 2 rectangles into 12 squares (15 x 15 cm/6 x 6 in) and brush the squares with the butter or margarine and egg yolk mixture, sprinkle with the almonds and biscuit crumbs and put the cherries and chopped marzipan in the middle (4-5 cherries per square).

4. Fold the dough over the filling to make small pouches. Put the pouches on the baking sheet, melt the butter and brush the pouches with some of the melted butter. Put the baking sheet in the oven.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 20 minutes.

5. Brush the pouches with the rest of the melted butter while baking. After removing them from the oven, dust with icing sugar and serve warm or cold.

Tip: Serve with vanilla sauce.
Wiener Apfelstrudel (Viennese apple strudel)

Classic–popular (about 12 pieces)

Preparation time: about 50 minutes, excluding resting time
Baking time: about 50 minutes

For the baking sheet:
some fat

For the strudel dough:
200 g/7 oz (2 cups) plain (all-purpose) flour
1 pinch salt
75 ml/3 fl oz lukewarm water
50 g/2 oz (4 tablespoons) melted margarine or butter or 4 tablespoons cooking oil

For the filling:
1– 1.5 kg/2 1/2–3 1/4 lb apples, such as Cox Orange, Elstar
2–3 drops rum essence
1–2 drops lemon essence
75 g/2 3/4 oz (3/8 cup) margarine or butter
50 g/2 oz breadcrumbs
50 g/2 oz raisins
100 g/3 1/2 oz (1/2 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
50 g/2 oz chopped blanched almonds

Per piece:
P: 2 g, F: 11 g, C: 37 g, kJ: 1096, kcal: 262

1. To make the dough, sift the flour into a mixing bowl, add the other ingredients for the dough and stir with a hand mixer with a kneading hook, first briefly at the lowest setting, then at the highest setting, to make a smooth dough. Boil some water in a small pan, pour out the water and wipe dry. Put the dough in the hot pan lined with baking parchment, cover with the lid and let stand for 30 minutes. Meanwhile, grease the baking sheet and preheat the oven at the top and bottom.

2. For the filling, wash, peel, quarter, core and cut the apples into small pieces. Stir in the rum and lemon essence. Melt the margarine or butter. Roll out the dough on a large floured tea towel, brush lightly with a little melted butter or margarine, then stretch using your hands to make a rectangle (of 70 x 50 cm/ 27 1/2 in x 20 in). Trim the edges if they are thicker than the rest of the rectangle. Brush the dough with two-thirds of the melted butter or margarine and sprinkle the breadcrumbs on top, leaving about 3 cm/1 1/4 in uncovered.

3. Sprinkle the apple pieces, raisins, sugar, vanilla sugar and almonds on top. Fold the edges of the short sides that have been left uncovered over the filling. Using the cloth to help you, roll the dough, starting from the longer side, and press the ends together tightly. Put the strudel on the prepared baking sheet, brush with a little fat and put the baking sheet in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (not preheated), Gas mark 4 (not preheated),
Baking time: about 50 minutes.
4. After 30 minutes baking time, brush the strudel with the rest of the melted butter or margarine. After removing the strudel from the oven leave it cool down on the baking sheet placed on a rack. The strudel can be served hot or cold.

**Tip:** This can be served with vanilla sauce, flavoured with cinnamon. You could also make 2 small strudels instead of 1 large one.
Strudel pasties

Savoury - for guests (18 pieces)

Preparation time: about 45 minutes, excluding resting time
Baking time: about 20 minutes

For the baking sheet:
some fat

For the strudel:
250 g/9 oz (2 1/2 cups) plain (all-purpose) flour
1 pinch salt
100 ml/3 1/2 fl oz (1/2 cup) lukewarm water
1 medium egg
2 teaspoons cooking oil

For the filling:
500 g/18 oz aubergines
2 tablespoons cooking oil
60 g/2 oz salami
2 cloves garlic
salt
ground black pepper

For coating:
50 g/2 oz (4 tablespoons) butter

Per piece:
P: 3 g, F: 6 g, C: 11 g, kJ: 456, kcal: 109

1. To make the dough, sift the flour into a mixing bowl, add the other ingredients for the dough and stir with a hand mixer with a kneading hook, first briefly at the lowest setting, then at the highest setting, to make a smooth dough. Boil some water in a small pan, pour out the water and wipe dry. Put the dough in the hot pan lined with baking parchment, cover with the lid and let stand for 30 minutes. Meanwhile, grease the baking sheet and preheat the oven.

2. For the filling, wash the aubergines and wipe dry. Cut off the ends and finely chop the aubergines. Heat the oil, add the aubergines and fry briefly. Finely chop the salami. Peel and crush the garlic. Add these two ingredients to the aubergines, season with salt and pepper and leave to cool.

3. Roll out the dough on a large floured tea towel to make a rectangle (of 60 x 30 cm/24 x 12 in) and cut into 18 squares (10 x 10 cm/4 x 4 in). Put some filling on half of each square, then fold the other half on top and press the edges together. Melt the butter, put the pastries on the baking sheet and brush with some of the melted butter. Put the baking sheet in the oven.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 50 minutes.

4. Brush the pastries with the rest of the butter while they are baking. Serve the strudel pasties warm.
Puff pastry

Puff pastry is a very rich pastry consisting of many layers which is made without sugar. It is made with plain (all-purpose) flour, fat, a little salt and water. Making puff pastry requires time because the dough must be rolled many times. The resulting layers are bound together by thin layers of butter. This makes the pastry light and flaky. You can also buy frozen puff pastry which is ready to cook. This is very useful if you are in a rush.

Preparing the pastry
Sift the flour into a mixing bowl and add fat, salt, water and sometimes vinegar. Mix the ingredients with a hand mixer with a kneading hook, first at the lowest setting, then at the highest setting, to make a smooth dough. Shape the dough into a ball, cover with clingfilm and let stand for 30 minutes.

Preparing the butter
Cut the cold butter into thin, even slices.

Rolling out the dough
Roll out the dough into a rectangle (25 x 12 cm/10 x 4 1/2 in). Place the slices of butter on one half of the rectangle, leaving the edges uncovered. Fold the other half on top and press the edges together.

Roll out the dough into a rectangle 1 cm/3/8 in thick, fold into three lengthways and rotate the dough 90 degrees (a quarter turn). Roll out again into a rectangle 1 cm/3/8 in thick, fold into four lengthways, cover and refrigerate for 30 minutes to prevent the butter from becoming too soft.

Then roll out the dough again into a rectangle 1 cm/3/8 in thick, fold into three lengthways and again rotate the dough 90 degrees (a quarter turn).

Roll out the dough into a rectangle 1 cm/3/8 in thick, again fold into four lengthways, cover and refrigerate for 30 minutes.

Defrosting puff pastry
When using deep-frozen puff pastry instead of home-made, it must be defrosted properly. This means putting the layers of dough next to each other to defrost and covering them with a tea towel.

Preheating the oven
Preheat the oven thoroughly at the top and bottom. If the baking time is 30 minutes or less, even fan ovens and gas ovens must be preheated. If the baking time is over 30 minutes, preheating will not be necessary in the case of fan and gas ovens.

Preparing the baking sheet
Grease the baking sheet with butter or margarine (do not use oil) and then sprinkle with cold water so that there is enough steam in the oven to form the layers while baking. Some recipes recommend lining the baking sheet with baking parchment.

Further preparation of the dough
Prepare the dough as instructed in the recipe and bake. It is important only to roll out the dough and to cut it vertically (do not knead it!) so as not to destroy the layers.

Baking puff pastry
The air which is present in the dough expands in the oven under the effect of the heat, while the water contained in the dough is converted into steam and melts the butter. This causes the layers to lift and create the characteristic layers. After removing from the oven, take the pastry off the baking sheet and put on a rack to cool.
Storing
Puff pastry tastes best when fresh. Filled puff pastry goes soggy very quickly and should therefore be eaten on the day it is made. Unfilled puff pastry will keep for several days if stored in cool, dry conditions. Cooked puff pastry can also be frozen and defrosted in its wrapping at room temperature and then crisped (unfilled) at the recommended baking temperature.
For the baking sheet:

some fat
some water

For the puff pastry:

170 g/6 oz (7/8 cup) plain (all-purpose) flour
20 g/3/4 oz (1 1/2 tablespoons) butter
1 pinch salt
90 ml/3 fl oz (1/3 cup) lukewarm water
170 g/6 oz (7/8 cup) cold butter

1. Sift the flour in a mixing bowl. Add 20 g/3/4 oz (1 1/2 tablespoons) butter, salt and lukewarm water. Mix all the ingredients with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting to make a smooth dough. Cover with clingfilm and let stand for 30 minutes.

2. Cut 170 g/6 oz (7/8 cup) cold butter into thin, even slices.

a. Roll out the dough into a rectangle (25 x 12 cm/10 x 4 1/2 in). Place the slices of butter on one half of the rectangle, leaving the edges uncovered. Fold the other half on top and press the edges down.

b. Roll out the dough into a rectangle 1 cm (3/8 in) thick, fold into three lengthways and turn 90 degrees (a quarter turn).

c. Roll out the dough again into a rectangle 1 cm (3/8 in) thick, fold into four lengthways, cover and refrigerate for 30 minutes.

3. Repeat stages b and c and refrigerate again for 30 minutes. Meanwhile, grease the baking sheet and sprinkle with a little water. Preheat the oven.

4. Proceed and bake following the instructions in the recipe.
100 | Almond bows

For children (about 20 pieces/2 baking sheets)

Preparation time: about 30 minutes, excluding defrosting time
Baking time: about 12 minutes per baking sheet

For the baking sheet:
some fat
some water

For the pastry:
\(\frac{1}{2}\) packet (225 g/8 oz) frozen puff pastry
or
\(\frac{1}{2}\) basic recipe puff pastry

For the filling:
200 g/7 oz marzipan
2 teaspoons apricot preserve
50 g/2 oz (4 tablespoons) soft butter or margarine

For coating and topping:
some condensed milk
30 g/1 oz blanched flaked almonds

For dusting:
some icing (confectioner’s) sugar

Per piece:
P: 2 g, F: 9 g, C: 9 g, kJ: 520, kcal: 124

1. Defrost the frozen puff pastry following the instructions on the packet or prepare the puff pastry yourself following the basic recipe (halving the amount). Preheat the oven. Grease the baking sheet and sprinkle with water.

2. For the marzipan filling, cut the marzipan into very small pieces, add the apricot jam and butter and stir using a hand mixer with whisk until the mixture is soft enough to spread.

3. Put the dough layers on top of each other on a floured work surface and roll into a rectangle measuring (50 x 30 cm/ 20 x 12 in). Spread the marzipan mixture evenly on one half of the dough. Fold the other half on top to make a rectangle of (25 x 30 cm/10 x 12 in) and press lightly.

4. Using a sharp knife, cut the dough into strips 1.5 cm/\(\frac{2}{3}\) in wide and 25 cm/10 in long. Tie the strips into loose bows and put next to each other on the prepared baking sheet. Brush the bows with condensed milk and sprinkle with almonds. Put the baking sheet in the oven.

Top/bottom heat: about 220 °C/425 °F (preheated),
Fan oven: about 200 °C/400 °F (preheated), Gas mark 7 (preheated),
Baking time: about 12 minutes per baking sheet.

5. Put the almond bows on a rack to cool down and dust with icing sugar before serving.
101 | Puff pastry turnovers

Popular–quick (10 pieces/2 baking sheets)

Preparation time: about 30 minutes, excluding defrosting time
Baking time: about 15 minutes per baking sheet

For the baking sheet:
baking parchment

For the pastry:
1 packet (450 g/16 oz) frozen puff pastry
or
1 basic recipe puff pastry

For the marzipan filling:
200 g/7 oz marzipan
50 g/2 oz (scant 1/2 cup) icing (confectioner’s) sugar
2 tablespoons orange zest, from an untreated orange
1 medium egg

For coating and topping:
1 medium egg
some blanched flaked almonds

Per piece:
P: 7 g, F: 19 g, C: 29 g, kJ: 1306, kcal: 312

1. Defrost the frozen puff pastry following the instructions on the packet or prepare the puff pastry yourself following the basic recipe. Put the dough layers on top of each other on a floured work surface and roll into a rectangle (60 x 24 cm/24 x 10 in).
   Cut 10 squares (12 x 12 cm/4 1/2 x 4 1/2 in) out of it. Preheat the oven and line the baking sheet with baking parchment.

2. For the marzipan filling, cut the marzipan into very small pieces and put in a mixing bowl. Sift the icing sugar into a bowl, add the orange zest and stir quickly into the mixture using a hand mixer with whisk at the lowest setting. Beat the egg and stir in little by little with the mixer at the highest setting.

3. Pipe or spoon the marzipan mixture on one half of each of 10 puff pastry squares using a piping bag with a nozzle (8 mm/3/4 in in diameter) or 2 teaspoons. Brush the edges with a little beaten egg and fold down the other half of the square to form a rectangle. Press down the edges firmly. Make several incisions 1 cm/3/8 in deep along the long side with a knife and put the pastries on the prepared baking sheet. Brush with the rest of the beaten egg, sprinkle the almonds on top and put the baking sheet in the oven.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 15 minutes per baking sheet.

4. Slide the baking parchment with the pastries off the baking sheet and put on rack to cool down.

Variation: For curd cheese pastries, put 250 g/9 oz curd cheese (low-fat), 1 egg (medium), 2 tablespoons grated lemon zest and 30 g/1 oz (3 tablespoons) sugar in a mixing bowl and stir until the mixture is smooth and
homogenous. Put the curd cheese filling on the squares of dough. Fold the 2 opposing corners together to form triangles. Brush the triangles with 1 beaten egg (medium) and bake as described in the recipe. To make the apricot glaze, put 3 tablespoons apricot jam and 2 tablespoons water in a small pan and bring to the boil. Brush the pastries with the glaze while they are still hot. Cover with fresh fruit if desired. Make a glaze with 250 ml/8 fl oz (1 cup) water or fruit juice. Blend 2 teaspoons arrowroot with a little of the liquid, then stir in the rest of the liquid. Bring to the boil while stirring and simmer for $\frac{1}{2}$–1 minute until it is clear. When cool a little, coat the fruit with it.
102 | Pig’s ears

Classic—for children (about 60 pieces/3 baking sheets)

Preparation time: about 25 minutes, excluding defrosting and cooling time
Baking time: about 15 minutes per baking sheet

For the baking sheet:
some fat
some water

For the pastry:
½ packet (225 g/8 oz) frozen puff pastry
or
½ basic recipe puff pastry

For coating and topping:
25 g/1 oz (2 tablespoons) butter
50 g/1¾ oz (4 tablespoons) sugar
3 drops vanilla essence in 1 tablespoon sugar

In addition:
some sugar

Per piece:
P: 1 g, F: 1 g, C: 2 g, kJ: 88, kcal: 21

1. Defrost the puff pastry following the instructions on the packet or make it yourself following the instructions in the basic recipe but halving the amounts. Preheat the oven. Grease the baking sheet and sprinkle with a little water.

2. Melt the butter in a pan and leave to cool down, put the layers on top of each other on a floured work surface, roll out to make a rectangle (55 x 22 cm/22 x 8½ in) and brush with the melted butter. Mix together the sugar and vanilla sugar and sprinkle over the dough. Roll up the dough starting from the two long sides until the edges meet and press firmly together.

3. Refrigerate the dough until it is firm enough to slice. Then cut into slices 1 cm/⅜ in thick, put on the prepared baking sheet and bake in 3 batches.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 15 minutes per baking sheet (turn over the pastries after 10 minutes).

4. Remove the pig’s ears from the baking sheet, immediately sprinkle with sugar and put on a rack to cool down.

Tip: Pig’s ears will keep for 2–3 weeks in a well-sealed container.
103 | Schillerlocken (Cream horns)

Sophisticated—for guests (12 pieces/2 baking sheets)

Preparation time: about 30 minutes, excluding defrosting and cooling time
Baking time: about 15 minutes per baking sheet

For the baking sheet:
some fat
some water
6 cream horn moulds

For the pastry:
1 packet (450 g/16 oz) frozen puff pastry
or
1 basic recipe puff pastry

In addition:
yolk of 1 medium egg
2 teaspoons milk
50 g/2 oz blanched flaked almonds
60 g/2 oz (1¼ cup) sugar crystals

For the filling:
400 ml/14 fl oz (1¾ cups) chilled whipping cream
2 heaped teaspoons sugar
2 teaspoons each orange marmalade, raspberry jam, grated chocolate

Per piece:
P: 4 g, F: 22 g, C: 22 g, kJ: 1254, kcal: 300

1. Defrost the puff pastry following the instructions on the packet or make it yourself following the instructions in the basic recipe.
Preheat the oven. Grease the baking sheet and sprinkle with a little water.

2. Put half the dough layers on top of each other (or using half the dough) on a floured work surface and roll into a rectangle (40 x 24 cm 16 x 9¼ in). Using a pastry wheel, cut the dough lengthways into 6 strips 4 cm/1½ in wide.

3. Rinse 6 cream horn moulds in cold water. Starting from the pointed end, wrap each strip round the metal mould in such a way that it always overlaps slightly.

4. Beat together the egg yolk and milk and brush the cream horns with it. Mix together the almonds and sugar crystals and roll the horns in this mixture. Put the horn moulds on the prepared baking sheet and put the baking sheet in the oven.
Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 15 minutes per baking sheet (turn over the pastries after 10 minutes).

5. Remove the cream horns immediately from the baking sheet and put on a rack to cool down. Make the next batch of 6 cream horns with the rest of the dough in the same way and bake.
6. To make the filling, whip the cream stiff with sugar. Mix the orange marmalade, raspberry jam and grated chocolate each with one-third of the cream. Pipe the filling into the cream horns using a piping bag with a star-shaped nozzle. Then serve the cream horns.
104 | Crispy cushion pastries

For guests—easy (8 pieces)

Preparation time: about 40 minutes, excluding defrosting and cooling time
Baking time: about 20 minutes

For the baking sheet:
some fat
some water

For the pastry:
\(\frac{1}{2}\) packet (225 g/8 oz) frozen puff pastry
or
\(\frac{1}{2}\) basic recipe puff pastry

For coating:
1 egg yolk
2 teaspoons milk

For the crumble:
175 g/7 oz (2 cups) plain (all-purpose) flour
75 g/2\(\frac{1}{2}\) oz (\(\frac{3}{8}\) cup) sugar
100 g/3\(\frac{1}{2}\) oz (\(\frac{1}{2}\) cup) soft butter

For the filling:
250 ml/8 fl oz (1 cup) chilled whipping cream
25 g/1 oz (1\(\frac{1}{4}\) cup) icing (confectioner’s) sugar
150 g/5 oz ready-made custard, vanilla flavoured (from the cool cabinet)

For dusting:
some icing (confectioner’s) sugar

Per piece:
P: 6 g, F: 30 g, C: 48 g, kJ: 2034, kcal: 486

1. Defrost the puff pastry following the instructions on the packet or make it yourself following the instructions in the basic recipe but halving the amounts. Preheat the oven. Grease the baking sheet and sprinkle with a little water.

2. Put the dough layers on top of each other (or using half the dough) on a floured work surface and roll into a rectangle (40 x 20 cm/16 x 8 in). Using a sharp knife, cut 8 squares (10 x 10 cm/4 x 4 in) and put on the prepared baking sheet. Stir together the egg yolk and milk and brush over the squares.

3. To make the crumble, sift the flour into a mixing bowl, add the sugar and softened butter and stir with a hand mixer with whisk until the crumble has the right texture. Sprinkle the crumble evenly over the squares and put the baking sheet in the oven.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 20 minutes.
4. Put the cushion pastries on a rack to cool down and carefully cut off the top of each square with a serrated knife.

5. To make the filling, whip the cream stiff with the sifted icing sugar and fold into the custard. Spread the custard cream on the base of the squares with a piping bag or tablespoon, put the top back on and dust with icing sugar.
105 | Holländische Kirschtorte (Dutch cherry tart)

Takes some time (about 12 pieces)

Preparation time: about 60 minutes, excluding defrosting, cooling and resting time

Baking time: about 15 minutes per layer

For a springform tin (diameter 28 cm/11 in):

some fat, some water

For the pastry:

1 packet (450 g/16 oz) frozen puff pastry

or

1 basic recipe puff pastry

For the cherry filling:

1 can or jar sour cherries (drained weight 350 g/12 oz)
250 ml/8 fl oz (1 cup) cherry juice (from the can or jar)
25 g/1 oz (3 tablespoons) cornflour (cornstarch)
6 drops vanilla essence in 1 tablespoon sugar

For the cream filling:

600 ml/21 oz (2 1/2 cups) chilled whipping cream
25 g/1 oz (2 tablespoons) sugar
3 drops vanilla essence in 1 tablespoon sugar

For the icing:

100 g/3 1/2 oz redcurrant jelly 100 g/3 1/2 oz icing (confectioner’s) sugar
2–3 tablespoons lemon juice

Per piece:
P: 4 g, F: 24 g, C: 46 g, kJ: 1744, kcal: 416

1. Defrost the puff pastry following the instructions on the packet, or make it yourself following the instructions in the basic recipe.

Preheat the oven. Grease the springform tin and sprinkle with a little water.

2. To make each of the 3 bases using frozen pastry, put 3 layers of pastry on top of each other, fold up the projecting corners and roll each one out onto the prepared base of the springform tin. If using basic pastry, divide it into three (do not knead) and roll out each one on the prepared base of the springform tin. Prick the bases several times and let stand for 15 minutes. Then put on a shelf in the oven without the springform tin ring and bake one after the other.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 15 minutes per layer.

3. Remove the puff pastry layers immediately from the springform tin base after taking them out of the oven and put on a rack to cool down.

4. For the cherry filling, drain the cherries thoroughly in a sieve, collect the juice and reserve 250 ml/8 fl oz (1 cup), topping up with water if necessary. Mix together the cornstarch and vanilla sugar, stir in 4 tablespoons of the
reserved juice and bring the rest of the juice to the boil. Remove the juice from the heat, add the cornstarch and juice mixture while stirring, and bring to the boil. Stir in the cherries and leave the mixture to cool down.

5. For the cream filling, whip the cream until stiff together with sugar and vanilla sugar. Put 5 tablespoons of this cream mixture in a piping bag with a large nozzle. Cover one of the layers first with the cherry filling (leaving 1 cm/\(\frac{3}{8}\) in uncovered round the edge), then pipe a ring of cream round the edge surrounding the cherry filling and cover with a layer of cream. Put the second pastry layer on top. Pipe a ring of cream round it and cover the rest of the layer with the remaining cream.

6. For the icing, bring the jelly to the boil while stirring and spread this over the third pastry layer and leave until it sets. Sift the icing sugar, add lemon juice and stir until the mixture thickens. Pour the icing sugar over the jelly glaze and leave to set. Then cut into 12 slices and reassemble on the cream.
106 | Cheese whorls

For guests–piquant (25 pieces)

Preparation time: about 30 minutes, excluding defrosting and waiting time
Baking time: about 15 minutes

For the baking sheet:
some fat
some water

For the pastry:
½ packet (225 g/8 oz) frozen puff pastry

For the filling:
150 g/5 oz Emmental cheese
1 teaspoon paprika powder
some coarsely ground pepper

Per piece:
P: 2 g, F: 4 g, C: 3 g, kJ: 214, kcal: 51

1. Defrost the puff pastry following the instructions on the packet or make it yourself following the instructions in the basic recipe, but halving the amount. Preheat the oven. Grease the baking sheet and sprinkle with a little water.

2. Take half the puff pastry, put the layers on top of each other and roll into a rectangle (25 x 15 cm/10 x 6 in) on a floured work surface. Repeat with the other half.

3. For the filling, finely grate the Emmental cheese. Sprinkle paprika, pepper and cheese on one of the puff pastry rectangles and place the second rectangle on top. Cut the dough into strips 1 cm/3⁄8 in wide and 15 cm/6 in long using a sharp knife. Twist the ends of the strips in the opposite direction and place on the prepared baking sheet.

4. Let the sticks rest for 5 minutes and then put the baking sheet in the oven.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 15 minutes.

5. Serve the cheese whorls hot or cold.

Tip: Cooled cheese whorls freeze very well. Defrost the cheese whorls on the baking sheet in the oven at a temperature of about 180 °C/350 °F (bottom and top heat) for about 3 minutes.
Meringue confectionery

Meringue pastries are light and airy. They are made from egg white and sugar, usually with the addition of other ingredients. Typical meringue confectionery includes „baisers“ and macaroons.

Preheating the oven
Preheat the oven thoroughly at the top and bottom. If the baking time is 30 minutes or less, even fan ovens and gas ovens must be preheated. If the baking time is over 30 minutes, preheating will not be necessary in the case of fan and gas ovens.

Preparing the baking sheet.
Line the baking sheet with baking parchment. When the whisked egg white is put or piped onto baking parchment, the baking sheet should be lightly greased so that the baking parchment does not slip.

Whisking the egg white until stiff
To whisk egg white stiff, the bowl and whisk must be absolutely free of fat and there must not be a trace of egg yolk in the egg white. The egg white should be whisked with a hand mixer with whisk at the highest setting until it is stiff enough to form stiff peaks.
Only whisk the egg white just before using it.
If sugar is added to whisked egg white it will loose its stiffness if left to stand and it is not possible to whisk it stiff again.

Folding in sugar
Quickly whisk in the sugar and flavouring little by little with the mixer at the highest setting.

Using the meringue following the recipe
Carefully fold in the other ingredients depending on the recipe, for instance, desiccated coconut (it is important not to stir vigorously because the meringue would collapse), and then continue following the recipe.

Baking (drying) the meringue pastry
Many meringue pastries are not cooked but just dried, which is why they need a long time in the oven.
If the recipe recommends a low baking temperature, it is best not to use a gas oven because the temperature fluctuates too much at low settings.
When the meringue is cooked, remove it from the baking sheet with the baking parchment and slide onto a rack to cool down. Macaroons should not be cooked for too long. They should still feel soft to the touch when taken out of the oven. They will dry out enough while cooling down on the rack.

Storing
Meringue mixture is not suitable for freezing.
Macaroons will remain crisp for a while if stored in an airtight container.
107 | Meringue confectionery basic recipe

For the baking sheet:
baking parchment

For the egg white mixture:
whites of 4 medium eggs
200 g/7 oz (1 cup) caster sugar

1. Preheat the oven at the top and bottom. Line the baking sheet with baking parchment.

2. To make the meringue, whisk the egg white with a hand mixer with whisk at the highest setting until it forms stiff peaks. Quickly whisk in the sugar little by little at the highest setting.

3. Put the whisked egg white in a piping bag with a star nozzle, pipe or spoon with 2 teaspoons the egg white in the shapes of your choice. Slide the baking sheet in the oven.

   Top/bottom heat: about 120 °C (preheated),  
   Fan oven: about 100 °C (preheated),  
   Baking time: about 70 minutes.

4. The pastry should rise only a little and turn a pale yellow. Slide the baking parchment with the meringue off the baking sheet and put on a rack to cool down.
108 | Meringue fruit tartlets

For guests—good for preparing in advance (8 pieces)

Preparation time: about 30 minutes, excluding cooling time
Baking time: about 70 minutes

For the baking sheet:
some fat
baking parchment

For the egg white mixture:
whites of 2 medium eggs
100 g/3½ oz caster sugar

For the filling:
1 can or jar gooseberries (drained weight 350 g/12 oz)
500 g/18 oz strawberries
3 teaspoons sugar

For the glaze:
2 teaspoons arrowroot
4 teaspoons sugar
250 ml/8 fl oz (1 cup) gooseberry juice (from the can or jar)

Per piece:
P: 1 g, F: 0 g, C: 27 g, kJ: 502, kcal: 120

1. Preheat the oven at the top and bottom. Grease the baking sheet and line with baking parchment.

2. For the meringue, whisk the egg whites very stiff with a hand mixer with whisk at the highest setting so that it forms stiff peaks. Whisk in the sugar briefly little by little at the highest setting. Put the meringue in a piping bag with star-shaped nozzle and pipe in the shape of tartlets (about 7 cm/2⁷⁄₈ in in diameter) with a border about 2 cm high on the baking sheet.

Top/bottom heat: about 120 °C/240 °F (preheated),
Fan oven: about 100 °C/210 °F (preheated),
Baking time: about 70 minutes.

3. Slide the tarts with the baking parchment off the baking sheet and put on a rack to cool down.

4. For the filling, drain the gooseberries in a sieve and collect the juice. Wash the strawberries, drain, remove the stalks, cut in half and sprinkle with sugar if desired. Fill some tarts with the gooseberries and others with the strawberries.

5. Make a glaze with the gooseberry juice and arrowroot. To make arrowroot glaze, take 250 ml/8 fl oz (1 cup) gooseberry juice (top up with water if necessary). Blend 2 teaspoons arrowroot with a little of the liquid, then stir in the rest of the liquid. Bring to the boil and simmer for ½–1 minute until it is clear. When it has cooled a little, coat the fruit with it using a pastry brush.

Tips: Instead of gooseberries you can also use sour cherries, stewed rhubarb or mixed berries.
Serve with whipped cream or vanilla ice cream.
When cooking at a low temperature do not use a gas oven.
109 | Mocha and egg liqueur ice cream torte

Takes some time (about 16 pieces)

Preparation time: about 60 minutes, excluding cooling and freezing time

For a springform tin (diameter 28 cm/11 in):

For the shortcrust pastry:
- 150 g/5 oz (1 1/3 cup) plain (all-purpose) flour
- 1 pinch baking powder
- 50 g/1 3/4 oz (4 tablespoons) sugar
- 3 drops vanilla essence in 1 tablespoon sugar
- 100 g/3 1/2 oz (1/2 cup) soft butter or margarine

For the egg white mixture:
- Whites of 4 medium eggs
- 200 g/7 oz (1 cup) caster sugar

For the filling:
- 1 litre/1 3/4 pints (4 1/2 cups) chilled whipping cream
- 3 drops vanilla essence in 1 tablespoon sugar
- 5 tablespoons egg liqueur
- 2 teaspoons instant coffee powder
- 2 teaspoons water

In addition:
- 2 tablespoons redcurrant jelly
- some cocoa powder

Per piece:
P: 4 g, F: 24 g, C: 29 g, kJ: 1470, kcal: 351

1. Preheat the oven and grease the base of a springform tin.

2. To make the pastry, mix together the flour and baking powder and sift into a mixing bowl. Add the other ingredients for the dough and stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting to make a smooth dough. Then shape the dough into a ball using your hands. Roll out the dough on the prepared base of the spring-form tin, prick several times with a fork and put the ring round the base again. Put the mould on a shelf in the oven.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 15 minutes.

3. Loosen the pastry base from the springform tin base immediately after taking it out of the oven but leave it on the
To make the meringue, whisk the egg whites with a hand mixer with whisk at the highest setting until it forms stiff peaks. Quickly whisk in the sugar little by little at the highest setting. Put the stiffened egg white in a piping bag with a small nozzle. Draw 1 circle (28 cm/11 in in diameter) on each of 3 sheets of baking parchment and pipe the meringue in circles to fill the inside. Pipe the remaining egg white on the baking sheet to make small motifs such as hearts or rounds. Put the meringue bases on a baking sheet and bake in the oven one after the other.

Top/bottom heat: about 100 °C/200 °F (preheated),
Fan oven: about 100 °C/200 °F (preheated),
Baking time: about 75 minutes per baking sheet.

5. Put the meringue, still on the baking parchment, on a rack to cool down.

6. For the filling, whip the cream stiff with the vanilla sugar, then some cocoa powder stir the egg liqueur into \( \frac{1}{4} \) of the cream. Dissolve the coffee in the water and stir into \( \frac{1}{3} \) of the rest of the cream.

7. Put the pastry base on a cake plate and cover with the redcurrant jelly, stirred to make it smooth. Put one of the meringue bases on top and cover with the cream and egg liqueur mixture. Now put the second meringue base on top and cover with the coffee cream mixture. Finally, put the third meringue base on top and cover with half of the remaining cream.

8. Put the rest of the cream in a piping bag with a small nozzle and decorate the sides of the torte with it. Put the torte in the freezer compartment overnight so that it freezes. Remove the torte from the freezer about 1 \( \frac{1}{2} \) hours before serving. Finally garnish with „baiser“ motifs and sprinkle with cocoa powder.
**Coconut macaroons**

*Popular (about 80 pieces/about 2 baking sheets)*

**Preparation time: about 25 minutes**

**Baking time: about 25 minutes per baking sheet**

For the baking sheet:

- baking parchment

For the egg white mixture:

- 200 g/7 oz desiccated coconut
- whites of 4 medium eggs
- 200 g/7 oz (1 cup) caster sugar
- 1 pinch ground cinnamon
- 1 drop almond essence

**Per piece:**
- P: 1 g, F: 2 g, C: 3 g, kJ: 110, kcal: 26

1. Preheat the oven. Line the baking sheet with baking parchment.

2. Roast the desiccated coconut on the baking sheet until light brown and slide onto a large plate to cool down.

3. Whisk the egg whites with a hand mixer with whisk at the highest setting until they form stiff peaks. Quickly whisk in the sugar, cinnamon and flavouring little by little at the highest setting and carefully fold in the roasted desiccated coconut. Using 2 teaspoons, spoon small blobs of stiffened egg white onto the baking sheet and put the baking sheet in the oven.

   Top/bottom heat: about 140 °C/275 °F (preheated),
   Fan oven: about 120 °C/250 °F (preheated), Gas mark 1 (preheated),
   Baking time: about 25 minutes.

4. Slide the macaroons, still on the baking parchment, off the baking sheet onto a rack to cool down.
Pastries fried in fat

This type of pastry includes several kinds of dough which are deep-fried in hot oil instead of being baked in the oven. All deepfried pastries are small.
The following kinds of dough can be deep-fried:

• Choux pastry
• Shortcrust pastry
• Curd cheese and oil cake mixture
• Yeast dough

Either a deep-fryer or a large saucepan is used to deep-fry pastries.

Preparing the dough
Make the dough according to the recipe for the particular type of dough and prepare for deep-frying following the recipe.

Heating the oil and deep-frying
Choosing the right oil is vitally important when deep-frying. The oil must be 100% vegetable oil with a neutral taste.
The oil should always be used on its own and never in combination with solid fat.
The deep-fryer must contain sufficient oil for the pastries to be covered by it.
Different kinds of pastries can be fried one after the other in the same oil. The high temperature of the oil prevents the taste of one food being transferred to another.
The oil should be cleaned after frying by straining it through a metal sieve lined with kitchen paper.
The oil can be used between six and ten times.
The temperature of the oil is also very important.
When the pastry is lowered into the oil, the temperature of the oil must be neither too hot or too cold. If it is too hot the pastry will brown too quickly, it will not cook properly and it will remain doughy inside. If the oil is too cold the pastry will absorb too much oil.
In addition, if the oil is not hot enough it may foam when the dough is lowered into it. The foaming can be so strong that delicate pastries can be torn apart. As soon as the oil begins to foam, the heat must be increased.
Do not put too many pieces in the oil at the same time because this would cause the oil to cool down.
Check the temperature of the oil before putting the food in. To do this, dip the handle of a wooden spoon in the oil. Small bubbles should form round the handle. The right temperature is 170–190 °C/340–375 °F.
After frying, drain the pastries on kitchen paper to ensure that the excess fat does not become absorbed by the pastry. Leave the pastry on a rack to cool down.

Storing
Deep-fried pastries taste best when fresh. At most, they can be kept for one day, after which they can be crisped up briefly in the oven, heated at the top and bottom to a temperature of 150 °C/ 300 °F.
Deep-fried pastry can also be frozen. It should then be defrosted in its wrapping at room temperature and briefly crisped in the oven.
Finally, dust with icing (confectioner’s) sugar or pour a glaze on top.
PASTRIES FRIED IN FAT

111 | Doughnuts (Berliner)
Classic–popular (16 pieces)

Preparation and baking time: about 60 minutes, excluding rising time

For the yeast dough:
125 ml/4 fl oz (1/2 cup) milk
100 g/3 1/2 oz (1/2 cup) butter or margarine
500 g/18 oz plain (allpurpose) flour
1 packet fast action dried yeast
30 g/1 oz (3 tablespoons) sugar
3 drops vanilla essence in 1 tablespoon sugar
1–2 drops almond essence
1 level teaspoon salt
2 medium eggs
yolk of 1 medium egg

For frying:
frying oil

For coating:
some sugar

For the filling:
300 g/10 oz jam to taste
or
250 g/9 oz plum purée or jelly

Per piece:
P: 5 g, F: 13 g, C: 25 g, kJ: 1001, kcal: 239

1. Warm the milk in a small pan and melt the butter or margarine in it.

2. For the dough, sift the flour into a mixing bowl, add the dried yeast and mix well. Then add the other ingredients and the warm milk-fat mixture. Stir briefly with a hand mixer with a whisk at the lowest setting, then at the highest setting for about 5 minutes to make a smooth dough. Cover the dough and put in a warm place to rise until it has visibly increased in volume.

3. Meanwhile, heat the oil in a large saucepan or deep-fryer to a temperature of about 180 °C/350 °F so that bubbles form round a wooden spoon handle lowered into it.

4. Sprinkle the dough lightly with flour, take it out of the bowl and knead briefly again on the work surface. Divide the dough into 16 pieces of similar size. Roll each piece into a ball on the work surface, using your thumbs and the palms of your hands. Make sure that there are no tears in the dough. Place the dough balls between 2 floured tea towels and leave until they are visibly increased in volume.

5. Put the dough balls a few at a time in the hot oil and fry until golden brown all over. Remove from the oil with a skimming ladle and drain on kitchen paper. Coat the doughnuts in sugar when still hot and put on a rack to cool down. For the filling, rub the jam through a sieve or stir the jelly or plum purée until smooth and put in a piping bag with a small nozzle. Pipe the filling into each doughnut along the pale ring round the ball.
Tip: The doughnuts can also be glazed with icing (confectioner’s) sugar. To do this, sift the icing sugar and stir just enough water into it to make a spreadable glaze.
112 | Almond fritters

Traditional (about 80 pieces)

Preparation and baking time: about 80 minutes

For frying:
frying oil

For the shortcrust pastry:
325 g/11 oz (3 1/4 cups) plain (all-purpose) flour
1 1/2 level teaspoons baking powder
100 g/3 1/2 oz (1/2 cup) sugar
8 drops rum essence
2 medium eggs
1 pinch salt
100 g/3 1/2 oz (1/2 cup) soft butter or margarine

some sugar

Per piece:
P: 1 g, F: 3 g, C: 4 g, kJ: 201, kcal: 48

1. Heat the oil in a large saucepan or deep-fryer to a temperature of about 180 °C/350 °F so that bubbles form round the wooden spoon handle lowered into it.

2. Mix together the flour and baking powder, sift into a mixing bowl. Add the other ingredients, stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting to make a smooth dough. The shape into a cylinder.

3. Roll out the dough on a floured work surface to a thickness of 1 cm/3/8 in, cut out the fritters with a special fritter cutter or use 2 teaspoons. Lower the fritters into the hot oil a few at a time, and fry until golden yellow. Take them out of the oil with a skimming ladle, drain on kitchen paper and coat in sugar while still hot.
113 | Rheinische Muzen (Rhenish fritters)

Traditional–Seasonal (about 80 pieces)

Preparation and baking time: about 90 minutes

For frying:
- frying oil

For the pastry:
- 40 g/1 1/2 oz (1 1/3 cup) icing (confectioner’s) sugar
- 2 medium eggs
- 3 drops vanilla essence in 1 tablespoon sugar
- 250 g/9 oz (2 1/2 cups) plain (all-purpose) flour
- 2 level teaspoons baking powder
- 4 teaspoons rum

For dusting:
- 4 teaspoons icing (confectioner’s) sugar

Per piece:
- P: 1 g, F: 2 g, C: 3 g, kJ: 145, kcal: 35

1. Heat the oil in a large saucepan or deep-fryer to a temperature of about 180 °C/350 °F so that bubbles form round the wooden spoon handle lowered into it.

2. For the dough, sift the icing sugar, mix together with the eggs and vanilla sugar in a mixing bowl and stir for 3 minutes with a hand mixer with whisk at the highest setting. Mix together the flour and baking powder, sift, add the rum and stir quickly into the mixture at the lowest setting. Roll out the dough very thinly on a floured work surface and cut out diamond shapes about 7 cm/2 3/4 in long.

3. Put the muzen in the hot oil a few at a time, and fry until golden brown on both sides. Take the fritters out of the oil with a skimming ladle, drain thoroughly on kitchen paper and dust with icing sugar while still hot.
114 | Rum and apple doughnuts

Popular (about 12 pieces)

Preparation and baking time: about 60 minutes

frying oil

For the cake mixture:
150 g/5 oz (1 1/3 cup) plain (all-purpose) flour
4 level teaspoons baking powder
40 g/1 1/2 oz (4 tablespoons) sugar
3 drops vanilla essence in 1 tablespoon sugar
1/4 teaspoon rum essence
1 pinch salt, 75 g/3 oz curd cheese (low fat)
50 ml/1 1/2 fl oz (3 tablespoons) milk
50 ml/1 1/2 fl oz (3 tablespoons) cooking oil

For the apple filling:
1 large apple
1/4 teaspoon rum essence

For the custard filling:
16 g/1 1/2 oz (1 1/2 tablespoons) custard powder
250 ml/8 fl oz (1 cup) milk

For dusting:
some icing (confectioner’s) sugar

Per piece:
P: 3 g, F: 14 g, C: 17 g, kJ: 882, kcal: 211

1. Heat the oil in a large saucepan or deep-fryer to a temperature of about 180 °C/350 °F so that bubbles form round the wooden spoon handle lowered into it.

2. For the dough, mix together the flour and baking powder and sift into a mixing bowl. Add the other ingredients for the dough and stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting to make a smooth dough. Do not knead too long because this would make the dough sticky. Then cut the dough into 12 pieces of similar size.

3. For the apple filling, peel, quarter and core the apple, then cut each quarter into 3 pieces. Sprinkle the pieces of apple with rum essence and leave a few minutes to draw. Wrap one piece of apple in a piece of dough and press the dough firmly around the apple. Put the doughnuts in the hot oil, a few at a time, fry until golden brown and drain on kitchen paper.

4. For the custard filling, make the custard following the instructions on the packet but using only 250 ml/8 fl oz (1 cup) milk and leave to cool a little while stirring. Put the custard in a piping bag with a small nozzle and pipe into the lukewarm doughnuts. Finally, dust with icing sugar.

Tip: These doughnuts taste best when eaten lukewarm.
115 | Eberswald fritters

Popular (about 25 pieces)

Preparation and baking time: about 90 minutes

For frying:
frying oil
baking parchment
some fat

For the choux pastry:
250 ml/8 fl oz (1 cup) water
50 g/2 oz (4 tablespoons) butter or margarine
150 g/5 oz (1 1/3 cup) plain (all-purpose) flour
30 g/1 oz (3 tablespoons) cornflour (cornstarch)
25 g/1 oz (2 tablespoons) sugar
3 drops vanilla essence in 1 tablespoon sugar
5–6 medium eggs
1 level teaspoon baking powder

For the icing:
300 g/10 oz (2 cups) icing (confectioner’s) sugar
about 2 tablespoons lemon juice
hot water

Per piece:
P: 2 g, F: 6 g, C: 19 g, kJ: 592, kcal: 141

1. Heat the oil in a large saucepan or deep-fryer to a temperature of about 180 °C/350 °F so that bubbles form round the wooden spoon handle lowered into it. Cut the baking parchment into squares (about 10 x 10 cm/4 x 4 in) and grease.

2. For the dough, bring the water to the boil together with the butter or margarine. Remove the pan from the heat. Mix together the flour and cornflour, sift and add all at once to the hot liquid. Stir into a smooth lump of dough, then continue cooking for 1 minute stirring continuously and transfer to a mixing bowl.

3. Incorporate the sugar and vanilla sugar into the dough with a hand mixer with kneading hook at the highest setting. Beat the last egg and add just enough to the dough to make it shiny, and also so that it hangs from the spoon without dropping off. Only add the baking powder when the dough is cold.

4. Put the dough, in small amounts, in a piping bag with a large star-shaped nozzle and pipe onto the squares of baking parchment in the shape of small wreaths. Loosen the wreaths by dipping the baking parchment square into the fat and fry until golden brown on both sides. Remove the fritters from the oil with a skimming ladle, drain on kitchen paper and put on a rack to cool down.

5. For the icing, sift the icing sugar, stir in enough lemon juice to make a thick mixture and coat the fritters with it.
Christmas pastry

**Baking several batches of biscuits**
If you only have one baking sheet but you need to bake a larger amount of biscuits, you can solve the problem as follows. Cut several pieces of baking parchment the size of the baking sheet. Place the cut-out or hand-shaped dough on the baking parchment. Slide the baking parchment with the dough shapes onto the flat side of the baking sheet. In this way you can prepare all the biscuits at the same time; they do not slide about and they can be baked in batches, one after the other.
Roll out the dough on a floured work surface and cut out the shapes for the biscuits. To achieve an even thickness, flour the rolling pin lightly to prevent the dough from sticking.

**Baking stollen**
Bake the stollen on a baking sheet lined with three layers of baking parchment, to prevent it getting too dark underneath.

**Storing**

**Biscuits**
Remove all the biscuits from the baking sheet and put them immediately on a rack to cool down. They can only be stored when they are completely cold. Biscuits should be stored in a cool, dry place. Biscuits that are to remain crisp must be stored in airtight containers. Biscuits that remain soft should be left uncovered until they feel cool to the touch and then stored in a container with a loose lid.
Several kinds of pastries of a similar type can be stored in the same container, separated by aluminium foil or baking parchment for practical reasons. However, spicy biscuits should be stored separately.

**Stollen**
Put stollen on a rack and when completely cool, wrap immediately in aluminium foil, then in a plastic bag, for instance a freezer bag.
Stored in cool, dry conditions, stollen will remain fresh for 4 weeks and the aroma of the fruit and spices will permeate the whole cake.
Stollen is also suitable for freezing.

**Fruit cakes**
Fruit cakes can be stored in the same way as stollen.

**Meringues and macaroons**
Meringues and macaroons will remain crisp if stored in airtight containers, but they are not suitable for freezing.

Elsen ginger cake, advent calendar cake, honey cake, mulled wine cake or spiced nut cake are best left wrapped for a few days before eating them so that the flavours can develop fully.
CHRISTMAS PASTRY

116 | Cinnamon stars

Classic (about 40 pieces/2 baking sheets)

Preparation time: about 60 minutes
Baking time: about 25 minutes per baking sheet

For the baking sheet:
- baking parchment

For the pastry:
- whites of 3 medium eggs
- 250 g/9 oz (1 3/4 cups) icing (confectioner’s) sugar
- 3 drops vanilla essence
- 1 tablespoon sugar
- 1–2 drops almond essence
- 1 level teaspoon ground cinnamon
- about 400 g/14 oz unblanched ground almonds or hazelnut kernels

In addition:
- some icing (confectioner’s) sugar

Per piece:
- P: 2 g, F: 5 g, C: 7 g, kJ: 354, kcal: 85

1. Preheat the oven and line the baking sheet with baking parchment.

2. For the dough, whisk the egg whites with a hand mixer with whisk at the highest setting until they form stiff peaks. Sift the icing sugar and stir in little by little. Reserve 2 well-heaped tablespoons of whisked egg white to spread on the stars.

3. Add the vanilla sugar, almond essence, cinnamon and 150 g/5 oz of the almonds or hazelnuts to the whisked egg white and stir carefully with the hand mixer at the lowest setting. Using your hands, incorporate enough of the rest of the almonds or hazelnuts into the mixture so that the dough hardly sticks.

4. Roll out the dough on a work-surface dusted with icing sugar to a thickness of a good 5 mm/3/16 in. Cut out the star shapes, put on the prepared baking sheet and cover with the reserved whisked egg white. The egg white must be soft enough to be spread flat on the dough; if necessary, add a few drops of water. Put the baking sheet in the oven.

   Top/bottom heat: about 140 °C/275 °F (preheated),
   Fan oven: about 120 °C/250 °F (preheated), Gas mark 1 (preheated),
   Baking time: about 25 minutes per baking sheet.

5. The biscuits should still feel a little soft underneath when you take them out of the oven. Slide the baking parchment with the stars on top off the baking sheet and put on a rack to cool down.

Tip: It is easier to cut out the stars if the cutter is dipped regularly in water while using it.
- The stars will remain moist if they are stored in a well-sealed container.
- To whisk the egg whites, the bowl and whisk must be completely free of fat, and the egg white must contain no trace of egg yolk.
117 | Bethmännchen

As a gift (about 30 pieces)

Preparation time: about 45 minutes, excluding drying time
Baking time: about 15 minutes

For the baking sheet:
baking parchment

For the pastry:
125 g/4½ oz (³⁄₈ cup) icing (confectioner’s) sugar
white of 1 medium egg
200 g/7 oz blanched ground almonds
1 level teaspoon cornflour (cornstarch)

For coating and covering:
yolk of 1 medium egg
4 teaspoons water
50 g/2 oz blanched almonds
some milk

Per piece:
P: 2 g, F: 5 g, C: 5 g, kJ: 284, kcal: 68

1. Line the baking sheet with baking parchment.

2. For the dough, sift the icing sugar. Whisk the egg white with a hand mixer with whisk until very stiff. Mix together the almonds, icing sugar and cornflour and add to the whisked egg white, stirring briefly with the mixer. Make 30 walnut-sized balls from the mixture. Beat the egg yolk and water lightly and coat the dough balls with this mixture using a pastry brush.

3. Press 3 almond halves on each ball so that the balls look as if they are pointing upwards. Place them on the prepared baking sheet and leave them to dry overnight.

4. The next day preheat the oven. Brush the pastries with a little milk and put the baking sheet in the middle of the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 15 minutes.

5. Remove the Bethmännchen from the baking sheet together with the baking parchment and put on a rack to cool down.

Tips: You can also add 1 tablespoon of rosewater to the mixture if desired. Use bought ready-ground almonds for the Beth-men because almonds ground at home would not be fine enough and would add too much fat to the mixture, causing it to collapse.
Store in well-sealed containers.
118 | Ginger biscuits

Popular (about 100 pieces/3 baking sheets)

Preparation time: about 50 minutes
Baking time: about 8 minutes per baking sheet

For the shortcrust pastry:
250 g/9 oz (2 1/2 cups) plain (all-purpose) flour
2 level teaspoons baking powder
175 g/6 oz (7/8 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 pinch ground cinnamon
1 pinch ground cloves
1 pinch grated nutmeg
3 drops lemon essence
100 g/3 1/2 oz runny honey
yolk of 1 medium egg
4 teaspoons milk
125 g/4 1/2 oz (5/8 cup) soft butter or margarine
40 g/1 1/2 oz (4 1/2 tablespoons) chocolate flavoured custard powder
4 teaspoons chopped almonds
125 g/5 oz ground hazelnut kernels

For finishing:
white of 1 medium egg
sugar crystals
chopped hazelnut or walnut kernels
chopped blanched almonds, finely chopped candied orange or lemon peel

Per piece:
P: 1 g, F: 2 g, C: 5 g, kJ: 164, kcal: 39

1. Preheat the oven and line the baking sheet with parchment paper.

2. For the dough, mix together the flour and baking powder and sift into a mixing bowl. Add the other ingredients for the dough and stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting to make the dough. Shape into a roll with your hands.

3. Roll the dough out thinly on a lightly floured work surface. Cut out biscuits with cutters of the shapes desired, put on the prepared baking sheet and brush with the beaten egg white.

4. Sprinkle sugar crystals, hazelnuts or walnuts, almonds or finely chopped candied orange or lemon peel on the biscuits. Put the baking sheet in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 8 minutes per baking sheet.

5. Slide the biscuits with the baking parchment off the baking sheet and put on a rack to cool down.
119 | Vanilla crescents

Classic–Popular (about 90 pieces/3 baking sheets)

Preparation time: about 60 minutes
Baking time: about 10 minutes per baking sheet

For the shortcrust pastry:
250 g/9 oz (2 1/2 cups) plain (all-purpose) flour
1 pinch baking powder
125 g/4 1/2 oz (⅜ cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
3 yolks of medium eggs
200 g/7 oz cold butter or margarine
125 g/5 oz blanched ground almonds

For dusting:
about 50 g/2 oz (scant ½ cup) icing (confectioner’s) sugar
3 drops vanilla essence in 1 tablespoon sugar

Per piece:
P: 1 g, F: 3 g, C: 4 g, kJ: 186, kcal: 44

1. Preheat the oven and line with baking parchment.

2. For the dough, mix together the flour and baking powder and sift into a mixing bowl. Add the rest of the ingredients for the dough and stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting to make a smooth dough. Then shape into a ball with your hands.

3. Roll out the dough into cylinders the thickness of a pencil and cut into pieces 5–6 cm/2–2 1/2 in long, then roll out the ends a little thinner. Place the crescents on the prepared baking sheet and put the baking sheet in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 10 minutes per baking sheet.

4. Remove the crescents from the baking sheet with the baking parchment and put on a rack to cool down. Sift the icing (confectioner’s) sugar, stir in the vanilla sugar and sprinkle on the crescents while they are hot. Leave to cool down.

Tips: If the dough becomes too soft during the preparation, put it in the refrigerator for a little while. Instead of sprinkling the crescents with icing sugar they can be rolled in caster sugar.
120 | Spritzgebäck (biscuits)

Traditional (about 140 pieces/4 baking sheets)

Preparation time: about 60 minutes
Baking time: about 12 minutes per baking sheet

For the baking sheet:
some fat
baking parchment

For the pastry:
375 g/13 oz (1 7/8 cups) soft butter or margarine
250 g/9 oz (1 1/8 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt
500 g/18 oz plain (all-purpose) flour
125 g/5 oz blanched ground almonds

Per piece:
P: 1 g, F: 3 g, C: 5 g, kJ: 187, kcal: 45

1. Preheat the oven. Grease the baking sheet and line with baking parchment.

2. To make the dough, stir the softened butter or margarine in a mixing bowl with a hand mixer with whisk at the highest setting until smooth and homogenous. Gradually stir in the sugar, vanilla sugar and salt. Continue stirring until the sugar is completely dissolved and the mixture is smooth and thick. Sift the flour and add 2/3 of it in small amounts while stirring at the medium setting.

3. Knead the mixture briefly with the rest of the flour and almonds on a work surface to make a smooth dough. Shape the dough into rolls, put the rolls into a pastry press and squeeze the dough onto the prepared baking sheet. Put the baking sheet in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 12 minutes per baking sheet.

4. Slide the pastries with the baking parchment off the baking sheet and put on a rack to cool down.

Tip: Dip the ends of the cooled biscuits in melted chocolate and sprinkle with chopped pistachio nuts.

Variation: For black-and-white biscuits, sift 10 g/1/3 oz (2 tablespoons) cocoa powder and mix with 10 g/1/3 oz (1 tablespoon) sugar. Mix the cocoa and sugar mixture into 1/3 of the dough. Make dough rolls consisting of 2/3 light-coloured dough and 1/3 of dark-coloured dough, put in the pastry press and squeeze onto the baking sheet.
121 | Nut biscuits

Classic (about 40 pieces/2 baking sheets)

Preparation time: about 70 minutes, excluding cooling time
Baking time: about 10 minutes per baking sheet

For the baking sheet:
some fat

For the filling:
about 200 g/7 oz hazelnut kernels

For the pastry:
90 g/3½ oz (1¼ cup) maple syrup
50 g/1¾ oz (4 tablespoons) sugar
1 pinch salt
50 g/2 oz (4 tablespoons) butter or margarine
4 teaspoons milk or water
50 g/2 oz Demerara sugar
1–2 drops lemon essence
1/2 level teaspoon ground aniseed
1/2 level teaspoon ground cloves
1/2 level teaspoon ground cinnamon
250 g/9 oz (2½ cups) plain (all-purpose) flour
3 level teaspoons baking powder

For coating:
250 g/9 oz chocolate
4 teaspoons cooking oil, e.g. sunflower oil

Per piece:
P: 2 g, F: 7 g, C: 1 g, kJ: 509, kcal: 121

1. Peel the hazelnuts for the filling. To do this, put the hazelnuts on a dry, clean baking sheet and cook in the oven heated to 200 °C/ 400 °F until the brown skin can easily be scraped off. Put the hot hazelnuts in a clean tea towel and scrape off the skin by moving the tea towel containing the hazelnuts in circular movements.

2. For the dough, melt the syrup with the sugar, salt, butter or margarine in milk or water in a pan while stirring continuously. Transfer into a mixing bowl and leave to cool down.

3. Stir the Demerara sugar, lemon essence, aniseed, cloves and cinnamon into the almost cool mixture with the mixer at the highest setting. Mix together the flour and baking powder, sift and stir 2/3 of it in small amounts on medium setting. Knead the dough mixture with the rest of the flour on a work surface until smooth. Wrap in clingfilm and refrigerate for about 30 minutes.

4. Preheat the oven and grease the baking sheet. Halve the peeled hazelnuts if desired.

5. Roll out the dough to a thickness of about 5 mm/3/16 in and cut out rectangles (7 x 2.5 cm/2¾ x 1 in). Place the rectangles on the prepared baking sheet, arrange the hazelnut halves on top and put the baking sheet in the oven.
Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 10 minutes per baking sheet.

6. Remove the pastries from the baking sheet and put on a rack to cool.

7. For the chocolate coating, coarsely chop the chocolate, melt with the oil in a bain-marie over low heat and coat the pastries with it.

Tips: Store the pastries separated by sheets of baking parchment in a well sealed container. Other kinds of nuts may be used instead of hazelnuts. You can also brush the pastries with a little milk and sprinkle with sugar crystals.
Elisenlebkuchen

Classic—for guests (about 40 pieces/4 baking sheets)

Preparation time: about 60 minutes, excluding cooling time
Baking time: about 25 minutes per baking sheet

For the baking sheet:
about 40 baking wafers (diameter about 6 cm/ 2\(\frac{1}{2}\) in, 10 pieces per baking sheet)

For the dough:
100 g/3\(\frac{1}{2}\) oz candied orange peel or lemon peel
2 medium eggs
200 g/7 oz (1 scant cup) brown demerara sugar
3 drops vanilla essence in 1 tablespoon sugar
1 pinch ground cloves
2–3 drops rum essence
1–2 drops lemon essence
125 g/4\(\frac{1}{2}\) oz ground almonds, unblanched
1 pinch baking powder
about 100 g/3\(\frac{1}{2}\) oz ground hazelnut kernels

For the light-coloured icing:
150 g/5 oz (1 scant cup) icing (confectioner’s) sugar
2–4 teaspoons hot water

For the dark-coloured coating:
75 g/3 oz plain chocolate
1 teaspoon cooking oil

Per piece:
P: 1 g, F: 4 g, C: 12 g, kJ: 387, kcal: 92

1. Preheat the oven.

2. To make the dough, chop the candied orange peel or lemon peel very finely. Whisk the eggs using a hand mixer with whisk at the highest setting for 1 minute until foamy. Mix together the sugar and vanilla sugar, then sprinkle over the egg whites for 1 minute, then whisk for another 2 minutes and stir in the cloves, rum essence and lemon essence.

3. Mix together the almonds and baking powder and, with the mixer at the lowest setting, stir quickly into the egg mixture together with the candied orange or lemon peel and as many hazelnuts as will ensure that the mixture remains spreadable.

4. Put a level teaspoon of dough on each baking wafer, then spread in a dome shape all over the wafer using a knife dipped in water. Put the wafers on the baking sheet and put the baking sheet into the oven.

Top/bottom heat: about 140° C/280 °F (preheated),
Fan oven: about 120° C/250 °F (preheated), Gas mark 1 (preheated),
Baking time: about 25 minutes per baking sheet.
5. To make the light-coloured icing, sift the powder, add water and stir to make a thick icing. Spread the light-coloured icing over half the ginger cakes immediately after they are taken out of the oven and put on a rack to cool down. Also put the rest of the ginger pastries on a rack to cool down.

6. To make the dark-coloured coating, coarsely chop the chocolate and melt with the oil in a bain-marie over low heat. When the remaining pastries are cold, coat the with the melted chocolate and leave to set.

Tip: Store ginger pastries in an airtight container.
123 | Mulled wine muffins

With alcohol (12 pieces)

Preparation time: about 25 minutes
Baking time: about 35 minutes

For a muffin sheet for 12 muffins:
some fat
plain (all-purpose) flour

For the cake mixture:
75 g/3 oz plain chocolate
175 g/6 oz (7/8 cup) soft margarine or butter
175 g/6 oz (7/8 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
2 tablespoons grated zest of untreated orange
1 pinch each cinnamon, cloves, cardamon (all ground)
3 medium eggs
150 g/5 oz (1 1/3 cup) plain (all-purpose) flour
30 g/1 oz (3 tablespoons) cornflour (cornstarch)
3 level teaspoons baking powder
100 ml/3 1/2 fl oz (1/2 cup) mulled wine

For dusting:
some icing (confectioner’s) sugar

Per piece:
P: 4 g, F: 16 g, C: 31 g, kJ: 1197, kcal: 286

1. Preheat the oven at the top and bottom. Grease and flour the muffin moulds.

2. To make the dough, coarsely chop the chocolate and melt in a bain-marie over low heat, stirring continuously and leave to cool down a little. Stir the softened butter or margarine in a mixing bowl with a hand mixer with whisk until smooth and homogenous. Add the sugar, vanilla sugar, orange zest and spices, then continue stirring until the mixture is smooth and homogenous.

3. Add each egg separately and stir for 1/2 minute each time with the hand mixer at the highest setting. Mix the flour with cornflour and baking powder, sift and add the mulled wine in 2 stages with the mixer at the medium setting. Finally stir in the melted chocolate. Put the dough in the prepared muffin moulds and put on a shelf in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 35 minutes.

4. Leave the muffins in the moulds for 10 minutes after removing them from the oven, then take out of the moulds and put them on a rack to cool down.

5. If you like, you can out paper stencils with your favourite shapes (for instance stars) and dust with icing (confectioner’s) sugar.
Variation: For mulled wine muffins with prunes, add 150 g/5 oz finely chopped dried prunes to the dough. Stir together 50 g/2 oz (⅓ cup) sifted icing (confectioner’s) sugar and 1–2 tablespoons mulled wine to make a thick icing. When the muffins are cooled, coat them with this icing using a spoon.
Gingerbread house

For children (3 baking sheets)

Preparation time: about 60 minutes, excluding rising and cooling time
Baking time: about 15 minutes per baking sheet

For a baking sheet:
- baking parchment

For the yeast dough (make recipe 2x):
- 200 ml/7 fl oz (7 ⅛ cup) milk
- 75 g/2 ½ oz (⅝ cup) margarine
- 500 g/18 oz plain (all-purpose) flour
- 1 packet fast action dried yeast
- 75 g/2 ½ oz (⅝ cup) sugar
- 3 drops vanilla essence in 1 tablespoon sugar
- 1 medium egg

For coating:
- some condensed milk

For the icing:
- 250 g/9 oz (1 ¾ cups) icing (confectioner’s) sugar
- white of 1 medium egg

In all (excluding garnish):
- P: 139 g, F: 163 g, C: 1149 g, kJ: 27920, kcal: 6670

1. Trace the pattern from these pages onto baking parchment. Preheat the oven and line the baking sheet with baking parchment.

2. Make the yeast dough 2x, one after the other. Warm the milk each time in a small pan and melt the margarine in it. Sift the flour in a mixing bowl and carefully mix in the yeast. Add the other ingredients and the milk and margarine mixture, stir with a hand mixer with kneading attachment, first briefly at the lowest setting, then at the highest setting for about 5 minutes to make a smooth dough (do not allow to rise).

3. Divide all the dough into three parts. Roll out one-third of the dough (keep the rest in the refrigerator) on a lightly floured work surface and cut out the front and back wall of the house, following the pattern.

4. Roll out the second third, cut out the two halves for the roof, following the pattern. Roll out the last third of the dough to make a large, round base (diameter about 30 cm/12 in).

5. Put the various parts of the house in batches on the baking sheet and brush with condensed milk. Roll out the leftover dough to a thickness of 5 mm/⅛ in and cut out the decorative elements (door and windows). Arrange them on the walls and coat with condensed milk, using a pastry brush. Prepare and bake the various parts of the house one after the other.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: 15 minutes per baking sheet.
6. Remove the baked pastry off the baking parchment and put on a rack to cool overnight.

7. To make the icing, sift the icing sugar and, using a hand mixer with whisk, stir in just enough egg white to make a very thick, spreadable mixture. Assemble the various parts together to make the house, using the icing to hold them together. Garnish to taste with biscuits or sweets. Stick these on with the egg white mixture and leave the icing to set.

Tip: The pastry must be allowed to dry thoroughly (preferably overnight), otherwise it could be too soft and the house could collapse.
You can even bake the parts several days before assembling the house.

Note: Only use very fresh eggs to make the egg white and icing sugar glaze.
Preparation time: about 30 minutes, excluding cooling time
Baking time: about 20 minutes

For a baking sheet (40 x 30 cm/16 x 12 in):
- some fat
- aluminium foil

For the pastry:
- 200 g/7 oz (5/8 cup) maple syrup
- 120 g/4 1/2 oz (5/8 cup) margarine or butter
- 40 g/1 1/2 oz (1 1/2 tablespoons) sugar
- 100 g/3 1/2 oz candied orange peel
- 3 medium eggs
- 1 pinch each cinnamon, cloves, cardamom, coriander, nutmeg (all ground)
- 2 tablespoons grated zest of untreated lemon
- 375 g/13 1/2 oz (3 3/4 cups) plain (all-purpose) flour
- 4 level teaspoons baking powder
- 3 level teaspoons cocoa powder
- 125 ml/4 fl oz (1/2 cup) milk

For the decoration and garnish:
- 100 g/3 1/2 oz icing (confectioner’s) sugar
- 4 teaspoons hot water
- various nuts and candied fruits

In all:
P: 67 g, F: 130 g, C: 644 g, kJ: 16910, kcal: 4040

1. Preheat the oven and grease the baking sheet.

2. To make the dough, slowly melt the margarine or butter in a pan with the syrup and sugar while stirring continuously. Transfer to a mixing bowl and put in a cool place. Meanwhile, finely chop the candied orange peel.

3. Stir the eggs, spices and grated lemon zest into the almost cooled mass with a hand-mixer set on the highest setting. Mix together the flour, baking-powder and cocoa powder and add in small amounts, alternating with the milk, stirring with the mixer on the medium setting. Then stir in the chopped candied orange peel.

4. Spread the dough evenly on the prepared baking sheet. Place a piece of aluminium paper folded several times in front, and put the baking sheet in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 20 minutes.

5. Leave the pastry to cool on the baking sheet placed on a wire rack. Cut out the shape of a house and make the gable by cutting away a triangle on the right and left. Make some small biscuits with the left-over triangles if you like.
6. To decorate and garnish, sift the icing sugar and stir into the hot water until smooth. Put in a small freezer bag or paper piping bag and cut off one corner. Using a knife, scratch lines to make 24 sections and pipe the icing along these lines. Pipe the numbers 1 to 24 inside the sections.

7. Attach the walnuts and candied fruit with a little icing. Cut a slightly larger opening in the freezer bag and pipe the rest of the icing along the edges of the house as decoration.

Tip: Wrap the advent calendar in clingfilm or aluminium foil so that it remains moist.
126 | Mulled wine cake
For guests–with alcohol (about 16 pieces)

**Preparation time:** about 40 minutes, excluding cooling time
**Baking time:** about 45 minutes

For a gugelhupf mould (diameter 22 cm/8 1/2 in):
some fat plain (all-purpose) flour

For the mulled wine:
125 ml/4 fl oz (1/2 cup) red wine
2 tablespoons lemon juice
grated zest of 1/2 untreated lemon
1–2 cinnamon sticks
3 cloves
2 teaspoons sugar

For the cake mixture:
150 g/5 oz plain chocolate
300 g/10 oz (1 1/2 cups) soft margarine or butter
300 g/10 oz (1 1/2 cups) sugar 3 drops vanilla essence in 1 tablespoon sugar
6 medium eggs
300 g/10 oz (3 cups) plain (all-purpose) flour
3 level teaspoons baking powder

For the icing:
250 g/9 oz (1 3/4 cups) icing (confectioner’s) sugar
1–2 tablespoons lemon juice

**Per piece:**
P: 6 g, F: 21 g, C: 54 g, kJ: 1829, kcal: 437

1. To make the mulled wine, pour the red wine in a pan, add the lemon juice and grated lemon zest, cinnamon sticks, cloves and sugar, and bring to the boil. Then leave to cool down and strain through a sieve. Heat the oven at the top and bottom. Grease and flour the gugelhupf mould.

2. To make the dough, grate the chocolate finely on a grater. Stir the softened margarine or butter with a hand mixer with whisk until smooth and homogenous. Add the sugar and vanilla sugar little by little, stirring continuously until thoroughly incorporated.

3. Add each egg separately, stirring at the highest setting for about 1/2 minute. Mix together the flour and baking powder, sift and stir into the mulled wine in two stages with the mixer on the medium setting. Stir in the grated chocolate. Transfer the dough to the prepared gugelhupf mould, smooth the surface flat and put on a shelf in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 45 minutes.

4. Leave the cake in the mould for about 10 minutes after taking out of the oven, then put on a rack to cool down.
5. To make the icing, sift the icing sugar and stir in the lemon juice to make a smooth, thick icing, and coat the cake with it.

**Tip:** Instead of making the mulled wine yourself it can be bought ready-made; use 125 ml/4 fl oz (½ cup). If you like, stir a little red wine into some of the icing and sprinkle over the icing to make a pattern.
127 | Christmas fruit cake

Traditional—suitable for freezing (about 20 pieces)

Preparation time: about 30 minutes
Baking time: about 80 minutes

For a rectangular tin (30 x 11 cm):
some fat
baking parchment

For the pastry:
125 g/5 oz hazelnut kernels
100 g/3 1/2 oz candied lemon peel
125 g/5 oz dried figs
3 medium eggs
125 g/4 1/2 oz (3/4 cup) sugar
3 drops vanilla essence in
1 tablespoon sugar
2–3 drops rum essence
1 pinch ground cinnamon
250 g/9 oz raisins
60 g/2 oz chopped blanched almonds
125 g/4 1/2 oz (1 1/4 cups) plain (all-purpose) flour
50 g/2 oz (6 tablespoons) cornflour (cornstarch)
1 level teaspoon baking powder

Per piece:
P: 4 g, F: 8 g, C: 29 g, kJ: 827, kcal: 197

1. Preheat the oven at the top and bottom. Grease the rectangular tin and line with baking parchment.

2. To make the dough, coarsely chop the hazelnuts. Cut the candied lemon peel and dried figs into small cubes. Beat the eggs in a mixing bowl with a hand mixer with whisk at the highest setting until foamy. Stir in the sugar and vanilla sugar little by little and continue stirring until the mixture is smooth and creamy.

3. Stir in the rum essence and cinnamon. Then add the hazelnuts, candied lemon peel and figs together with the raisins and almonds and quickly incorporate them into the egg mixture.

4. Mix together the flour with the cornflour and baking powder, sift and stir into the egg and fruit mixture in stages with the mixer at the medium setting. Spoon the dough onto the prepared tin. Put on a shelf in the lower third of the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (not preheated), Gas mark 4 (not preheated),
Baking time: about 80 minutes.

5. Leave the cake in the tin for 10 minutes after taking out of the oven, turn out onto a rack, carefully remove the baking parchment and leave to cool.

Tip: Cover the cake with icing or chocolate topping, if desired.
The cake will keep for 3–4 weeks if well-wrapped and stored in cool conditions.
128 | Christmas almond splinters

Good for preparing in advance—needs no baking (about 50 pieces)

Preparation time: about 30 minutes, excluding cooling time

For the baking sheet:
- baking parchment

For the almond mixture:
- 200 g/7 oz blanched flaked almonds
- 50 g/2 oz candied orange peel
- 300 g/10 oz plain chocolate or full milk chocolate
- 2 tablespoons zest of untreated orange
- ½ teaspoon ground ginger, or 1 pinch each cinnamon, cloves, coriander (all ground)

Per piece:
- P: 1 g, F: 4 g, C: 4 g, kJ: 235, kcal: 56

1. Roast the flaked almonds in a pan without fat until golden yellow and leave on a plate to cool down. Meanwhile, finely chop the candied orange peel. Line the baking sheet with baking parchment.

2. Coarsely chop the chocolate and melt in a bain-marie over low heat, stirring continuously. Stir in the candied orange peel and ginger. Incorporate the almonds and candied orange peel and, using 2 teaspoons, make small heaps of this chocolate-almond mixture on the prepared baking sheet.

3. Put the almond splinters on the baking sheet and refrigerate until the chocolate has set.

Tips: If desired, sprinkle finely chopped candied orange peel on the almond splinters before they have set. Instead of a baking sheet, a tray or large chopping board may be used.
129 | Christstollen (Christmas stollen)

Classic—suitable for freezing (about 16 pieces)

Preparation time: about 35 minutes, excluding soaking and rising time
Baking time: about 50 minutes

For the yeast dough:
200 g/7 oz raisins
100 g/3½ oz currants
100 ml/3⅓ fl oz (½ cup) rum
375 g/13⅓ oz (3⅓ cups) plain (all-purpose) flour
1 packet (42 g) fresh yeast
50 g/1⅓ oz (4 tablespoons) sugar
100 ml/3⅓ fl oz (½ cup) warm milk
3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt
1 pinch each cinnamon, cardamom, ginger, coriander, cloves, mace (all ground)
2 medium eggs
175 g/6 oz (⅞ cup) soft butter or margarine
100 g/3½ oz candied orange peel
100 g/3½ oz candied lemon peel
100 g/3½ oz blanched ground almonds

For coating and dusting:
75 g/2⅓ oz (3⅛ cup) butter
some icing (confectioner’s) sugar

Per piece:
P: 5 g, F: 18 g, C: 42 g, kJ: 1532, kcal: 366

1. Put the raisins and currants in the rum and leave to soak overnight.

2. The following day, sift the flour in a mixing bowl and make a well in the middle. Crumble the yeast into it, add 1 teaspoon of the sugar and pour the warm milk on top. Carefully stir in a little of the flour from the edge, using a fork, and let stand for about 15 minutes at room temperature.

3. Add the rest of the sugar, vanilla sugar, salt, spices, eggs and butter or margarine and stir together with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting for about 5 minutes until the dough is smooth.

4. Briefly knead the candied orange and lemon peel, almonds and soaked raisins and currants into the dough on a lightly floured work surface. Cover the dough and leave to rise in a warm place until it has visibly increased in volume. Line the baking sheet with a triple layer of baking parchment.

5. Preheat the oven. Shape the dough into a stollen. To do this, roll out the dough to make a rectangle (about 30 x 25 cm/ 12 x 10 in). Roll up the dough starting with the long side and make a depression lengthways using the rolling pin. Fold the left side onto the right side to create a staggered effect. Using your hands, mould the centre of the stollen lengthways into a „bulge“. Put the stollen onto the prepared baking sheet and put in a warm place to rise again until it has visibly increased in volume. Put the baking sheet in the oven and alter the temperature as indicated
Melt the butter and coat the warm stollen with it. Put the stollen on a rack to cool down and dust with icing (confectioner’s) sugar.
130 | Curd cheese stollen

Traditional (about 20 pieces)

Preparation time: about 30 minutes, excluding soaking time
Baking time: about 55 minutes

For the pastry:
375 g/13 oz raisins
100 ml/3 1/2 fl oz (1/2 cup) rum
500 g/18 oz plain (allpurpose) flour
1 packet baking powder
150 g/5 oz (3/4 cup) sugar
3 drops vanilla essence in 1 tablespoon sugar
1 pinch salt
2 drops almond essence
1 pinch each cloves, ginger, cardamom, nutmeg, cinnamon (all ground)
2 tablespoons grated zest of untreated orange
2 medium eggs
200 g/7 oz (1 cup) soft butter or margarine
250 g/9 oz curd cheese (low fat)
250 g/9 oz blanched ground almonds
100 g/3 1/2 oz candied lemon peel
100 g/3 1/2 oz candied orange peel

For coating and dusting:
100 g/3 1/2 oz (1/2 cup) butter
50 g/2 oz (1/2 cup) icing (confectioner’s) sugar

Per piece:
P: 8 g, F: 20 g, C: 49 g, kJ: 1787, kcal: 427

1. Soak the raisins and currants in rum for several hours (or even better, overnight).
2. Preheat the oven and line the baking sheet with three layers of baking parchment.
3. To make the dough, mix together the flour and baking powder and sift into a mixing bowl. Add the other ingredients for the dough (except for the almonds, candied lemon and orange peel) and stir with a hand mixer, first briefly at the lowest setting, then at the highest setting to make the dough. Then incorporate the almonds, candied orange and lemon peel and the raisins softened in rum on a lightly floured work surface, and knead into a smooth dough.
4. Roll out the dough into a square (30 x 30 cm/12 x 12 in). Roll up the dough and make a depression lengthways using the rollingpin, and fold the left side so that it overlaps halfway over the right side. Using your hands, shape the middle of the stollen lengthways into a „bulge“. Place the stollen on the baking sheet and put in the oven. Set the oven temperature as indicated below.

Top/bottom heat: preheat to about 250 °C/500 °F, bake at about 180 °C/350 °F,
Fan oven: preheat to about 220 °C/425 °F, bake at about 160 °C/350 °F,
Gas: preheat to mark 9, bake at Gas mark 4, Baking time: about 55 minutes.
5. Melt the butter in a small pan and brush half of it over the stollen immediately after taking it out of the oven, then dust with icing (confectioner’s) sugar. Put the stollen on a rack to cool a little and repeat the process.
131 | Honey cake

Good for preparing in advance–traditional (about 20 pieces)

Preparation time: about 25 minutes, excluding cooling time
Baking time: about 20 minutes

For the pastry:
250 g/9 oz honey
125g/4 1/2 oz (5/8 cup) butter or margarine
2 medium eggs
1 pinch each cinnamon, cloves, cardamom, coriander, nutmeg (all ground)
grated zest of 1 untreated lemon
375 g/13 1/2 oz (3 3/4 cups) plain (all-purpose) flour
1 packet baking powder
2 level teaspoons cocoa powder
100 g/3 1/2 oz currants
100 g/3 1/2 oz ground hazelnut kernels

In addition:
some milk
100 g/3 1/2 oz blanched flaked almonds

3 tablespoons apricot preserve

200 g/7 oz plain chocolate
2 teaspoons cooking oil

walnut halves
hazelnut kernels
blanched almonds

Per piece:
P: 6 g, F: 18 g, C: 34 g, kJ: 1360, kcal: 325

1. Preheat the oven and grease the baking sheet (40 x 30 cm/ 16 x 12 in) with fat.

2. For the dough, melt the honey together with the margarine or butter in a pan, stirring slowly. Then transfer to a mixing bowl and let cool down.

3. Add the eggs, spices and grated lemon zest to the almost cold honey and butter or margarine mixture and stir with a hand mixer at the highest setting. Mix together the flour, baking powder and cocoa powder, sift and add in spoonfuls to the mixture, stirring at the medium setting. Finally, quickly stir in the currants and hazelnuts.

4. Spread the dough on the prepared baking sheet, brush some milk over the dough, sprinkle the almonds on top and put in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 20 minutes.
5. To make the apricot glaze, rub the apricot jam through a sieve and brush the cake with it immediately after taking it out of the oven and put on a rack to cool down without removing it from the baking sheet.

6. To make the chocolate icing, coarsely chop the chocolate, melt with the oil in a bain-marie over low heat and coat the cooled cake with it. Further garnish the cake with walnuts halves, hazelnut kernels or almonds. When the icing has set, cut the cake in pieces and store in a well-sealed container.
Bread

There are many ways to make bread and bread rolls, as far as the ingredients and baking techniques are concerned. The basic ingredient is always plain (all-purpose) flour. There are many varieties of flour such as wheat flour and rye flour, as well as several types of white flour and wholewheat flour.

The shape of the bread depends on the consistency of the dough. Soft dough is baked in rectangular tins while strong dough can be baked "free", that is, on a baking sheet.

Strong dough must be kneaded again a second time after the first rising to ensure a light texture. Placing an ovenproof bowl filled with water in the oven will encourage a soft crumb and crisp crust. Brushing the bread with a little water before the end of the baking time will ensure a particularly crisp crust.

When using wholewheat flour the amount of water required for the dough may vary. Depending on how finely the flour has been ground, it will absorb more or less water. This is why the amounts of water mentioned in the recipes can only be approximate.

You can check whether the bread is fully cooked by tapping the bread on the top and bottom. If it sounds hollow, the bread is done.

Storing
Bread will keep fresh for several days if it is wrapped in foil or in a freezer bag and stored in cool conditions. Bread and bread rolls freeze very well and should be defrosted at room temperature while still wrapped, then crispened for 10 minutes in the oven, heated to the prescribed baking temperature.
132 | White bread

Easy

Preparation time: about 20 minutes, excluding rising time
Baking time: about 45 minutes

For a rectangular tin or bread tin (30 x 11 cm/12 x 4½ in):
some fat
breadcrumbs

For the yeast dough:
100 ml/3½ fl oz (½ cup) milk
500 g/18 oz plain (allpurpose) flour
1 packet fast action dried yeast
1 level teaspoon sugar
1 slightly heaped teaspoon salt
2 medium eggs
yolk of 1 medium egg
150 g/5 oz crème fraîche

Per piece:
P: 79 g, F: 74 g, C: 373 g, kJ: 10404, kcal: 2493

1. Warm the milk for the dough. Sift the flour into a mixing bowl, add the dried yeast and mix carefully. Now add the other ingredients for the dough including the warm milk and stir quickly into the mixture with a hand mixer with kneading hook, first at the lowest setting, then at the highest setting for about 5 minutes to make a smooth dough. Cover the dough and put in a warm place to rise until it has visibly increased in volume. Grease the bread tin and sprinkle with breadcrumbs.

2. Preheat the oven top and bottom. Knead the dough again briefly, put in the prepared tin and return to a warm place to rise again until it has visibly increased in volume.

3. Make an incision lengthways 1 cm/3⁄8 in deep along the top of the bread, using a sharp knife and without pressing down. Brush some water over it and put the tin on a shelf in the oven.

Top/bottom heat: about 180 °C/350 °F (preheated),
Fan oven: about 160 °C/325 °F (preheated), Gas mark 4 (preheated),
Baking time: about 45 minutes.

4. Take the bread out of the tin and put on a rack to cool down.

Variation: You can make white bread with raisins by kneading 150 g/5 oz raisins into the dough.
Choux pastry rolls

For guests–sophisticated (10–12 pieces)

Preparation time: about 30 minutes  
Baking time: about 35 minutes

For the baking sheet:
- some fat  
- plain (all-purpose) flour

For the choux pastry:
- 250 ml/8 fl oz (1 cup) water  
- 50 g/2 oz (4 tablespoons) butter or margarine  
- 125 g/4 1/2 oz (5/8 cup) plain (all purpose) white flour  
- 1/2 teaspoon salt  
- freshly ground pepper  
- ground nutmeg  
- 3 medium eggs  
- 1/2 level teaspoon baking powder

Per piece:
- P: 3 g, F: 6 g, C: 7 g, kJ: 394, kcal: 94

1. Preheat the oven at the top and bottom. Grease and flour the baking sheet.

2. For the dough, bring the water to the boil in a small pan with the butter or margarine. Remove the pan from the heat. Sift the flour, add the salt, pepper and nutmeg, mixing well, then add all at once to the hot liquid. Stir well until the paste is smooth and becomes detached from the sides of the pan, then continue cooking for about 1 minute stirring continuously and transfer to a mixing bowl.

3. Add the eggs to the dough one after the other and incorporate them by stirring with a mixer (with kneading hook) at the highest setting. Using 2 tablespoons, make 10–12 small balls of dough, put on the baking sheet and put in the oven.

Top/bottom heat: about 200 °C/400 °F (preheated),  
Fan oven: about 180 °C/350 °F (not preheated), Gas mark 6 (not preheated),  
Baking time: about 35 minutes.

4. Put the choux pastry rolls on a rack to cool down.

Tip: These are delicious when served with herb curd cheese.

Variation: To make cheese rolls, finely dice or coarsely grate 100 g/3 1/2 oz Gouda cheese and incorporate into the dough.
134 | Sweet poppy seed and sesame seed croissants

For children (12 pieces)

Preparation time: about 30 minutes
Baking time: about 20 minutes

For the baking sheet:
baking parchment

For the cheese and oil cake mixture:
300 g/10 oz (3 cups) plain (all-purpose) flour
6 teaspoons baking powder
150 g/5 oz curd cheese (low fat)
100 ml/3 1/2 fl oz (1/2 cup) milk
100 ml/3 1/2 fl oz (1/2 cup) cooking oil, e.g. sunflower oil
80 g/2 1/2 oz (3/8 cup) sugar
1 pinch salt

For coating and topping:
yolk of 1 medium egg
2 teaspoons milk
3–4 teaspoons poppy seeds
3–4 teaspoons sesame seeds

Per piece:
P: 5 g, F: 1 g, C: 26 g, kJ: 575, kcal: 137

1. Preheat the oven and line the baking sheet with baking parchment.

2. To make the dough, mix together the flour and baking powder, sift into a mixing bowl and add the other ingredients. Stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting until the dough is formed. Do not knead too long or the dough may become sticky. Then shape into a roll on a floured work surface.

3. Cut the roll into 12 pieces and shape the pieces into rolls about 18 cm/7 in long with slightly thinner ends.

4. Beat the egg yolk into the milk and brush over the dough rolls. Sprinkle half the dough rolls with poppy seed and the other half with sesame seeds. Shape the rolls into crescent-shaped croissants, put on the baking sheet and slide into the oven.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 20 minutes.

5. Remove the croissants off the baking parchment and put on a rack to cool down.

Tips: These taste best when they are fresh.
They are also suitable for freezing. When defrosted, crisp them up in the oven preheated to 200 °C/400 °F (top and bottom).
**Variation:** To make poppy seed and sesame seed rolls, cut the dough roll into 12 pieces, shape these into balls, make a cross-shaped incision at the top with a sharp knife, brush with milk and sprinkle the seeds on top. Then bake as described above.
135 | Rolls with sunflower seeds

Popular (12–14 pieces)

Preparation time: about 30 minutes, excluding rising time
Baking time: about 30 minutes

For the baking sheet:
some fat

For the pastry:
100 g/3½ oz sunflower seeds
300 g/10 oz wholemeal flour
200 g/7 oz wholemeal rye flour
1 packet fast action dried yeast
1 level teaspoon sugar
1 heaped teaspoon salt
about 375 ml/12 fl oz (1½ cups) warm water
125 g/5 oz sour dough mix

Per piece:
P: 6 g, F: 5 g, C: 28 g, kJ: 755, kcal: 180

1. Roast the sunflower seeds in a pan without fat and put on a plate to cool down.

2. To make the dough, put the white flour and rye flour in a mixing bowl, add the dried yeast and mix carefully. Add the other ingredients for the dough and stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting for about 5 minutes to make a smooth dough. Shortly before the end, add the sunflower seeds to the dough (keep 1–2 tablespoons back to garnish the rolls) and incorporate thoroughly. Cover and put the dough in a warm place to rise until it has visibly increased in volume.

3. Meanwhile, preheat the oven and grease the baking sheet.

4. Sprinkle the dough lightly with flour, take out of the mixing bowl and knead again briefly on a lightly floured work surface. Shape the dough into a cylinder, cut into 12–14 pieces and shape each piece into a ball.

5. Place the rolls on the prepared baking sheet and brush with water. Sprinkle the remaining sunflower seeds on the rolls, press them lightly into the dough, put the rolls back in a warm place until their volume has increased visibly and put in the oven.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
Baking time: about 30 minutes.

6. Put the rolls on a rack to cool down.

Tip: Instead of using a packet of sour dough mix you can also use a packet of sour dough extract. In that case make the dough with 500 ml/17 fl oz (2¾ cups) warm water instead of 375 ml/12 fl oz (1½ cups).
136 | Onion, bacon or herb rolls

Piquant (12 pieces)

Preparation time: about 35 minutes, excluding rising and cooling time
Baking time: about 25 minutes

For the baking sheet:
baking parchment

For the onion rolls:
250 g/9 oz onions
30 g/1 oz (2 tablespoons) butter

or
For the bacon rolls:
100 g/3⅓ oz streaky bacon
2 teaspoons cooking oil, e.g. sunflower oil

or
For the herb rolls:
½ bunch parsley
½ bunch chives
½ bunch dill

For the yeast dough:
200 g/7 oz (2 cups) strong white flour
200 g/7 oz rye flour 1 packet fast action dried yeast
1 teaspoon sugar
2 teaspoons salt
1 teaspoon ground pepper
2 tablespoons cooking oil, e.g. sunflower oil
300 ml/10 fl oz (1⅓ cups) warm water

Onion rolls per piece:
P: 4 g, F: 5 g, C: 25 g, kJ: 667, kcal: 159

Bacon rolls per piece:
P: 4 g, F: 10 g, C: 24 g, kJ: 839, kcal: 200

Herb rolls per piece:
P: 3 g, F: 3 g, C: 24 g, kJ: 567, kcal: 135

1. For onion rolls, peel the onions and chop finely. Melt the butter, add the onions, braise them lightly and leave to cool down a little.

For bacon rolls, chop the streaky bacon finely, heat the oil, add the bacon, sweat it and leave to cool down a little.

For herb rolls, rinse the parsley, chives and dill, pat dry and chop up finely.

2. Put the wheat and rye flour in a mixing bowl, add the dried yeast and mix carefully. Add the other ingredients for
the dough and stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting to make a smooth dough. Depending on the recipe, add the other ingredients just before the end and stir quickly into the mixture to incorporate into the dough. Cover and put in a warm place to rise until it has increased visibly in volume.

3. Sprinkle the dough lightly with flour, take out of the mixing bowl and knead briefly again on the work surface. Line the baking sheet with baking parchment and preheat the oven.

4. Divide the dough into 12 pieces of similar size, shape into rolls and put on the prepared baking sheet. Make a cross-shaped cut 1 cm/\(\frac{3}{8}\) in deep in the top of the rolls and return to a warm place to rise again until they have visibly increased in volume. Then put the baking sheet in the oven.

   Top/bottom heat: about 200 °C/400 °F (preheated),
   Fan oven: about 180 °C/350 °F (preheated), Gas mark 6 (preheated),
   Baking time: about 25 minutes.

5. Put the rolls on a rack to cool down.

   Tip: You can also use deep-frozen herbs to make the herb rolls. Use 2 tablespoons each deep-frozen parsley, chives and dill, or 6 tablespoons deepfrozen mixed herbs.
Fladenbrot (unleavened bread)

Economical

Preparation time: about 30 minutes, excluding rising time
Baking time: about 15 minutes

For the baking sheet:
baking parchment

For the yeast dough:
150 g/5 oz yogurt
200 ml milk
450 g/16 oz (4 1/2 cups) plain (all-purpose) flour
300 g/10 oz (3 cups) wholemeal flour
3 level teaspoons baking powder
1 packet dried yeast
1 level teaspoon salt
1 level teaspoon sugar
50 g/2 oz (4 tablespoons) soft butter
2 medium eggs

For coating and topping:
1–2 tablespoons butter
sesame seeds
coriander seeds
poppy seeds
caraway seeds

In all:
P: 109 g, F: 99 g, C: 546 g, kJ: 14825, kcal: 3542

1. For the dough, warm the milk with the yogurt. Put both kinds of flour in a mixing bowl with the baking powder, yeast, salt and sugar and stir carefully. Add the other ingredients for the dough and the warm milk-yogurt mixture and stir with a hand mixer with kneading hook, first briefly on the lowest setting, then on the highest setting for about 5 minutes to form a smooth dough. Cover the dough and put in a warm place to rise until it has visibly increased in volume. Line the baking sheet with baking parchment.

2. Preheat the oven. Knead the dough again briefly on a slightly floured work surface. Roll out the dough into a flat oval shape (about 30 x 25 cm/12 x 10 in and about 2 cm/3/4 in thick).

3. Place the dough on the prepared baking sheet and prick several times with fork. Melt the butter and brush the dough with it. If you like you can also sprinkle sesame seeds, coriander seeds, poppy seeds and caraway seeds on top. Cover the dough and put in a warm place to rise until it has visibly increased in size. Then put the baking sheet in the oven.

Top/bottom heat: about 220 °C/425 °F (preheated),
Fan oven: about 200 °C/400 °F (preheated), Gas mark 7 (preheated),
Baking time: about 15 minutes.

4. Leave the golden brown baked bread to cool on a wire rack or serve while still warm.
Tip: You can also freeze unleavened bread. In this case, crisp up the defrosted bread for 10 minutes in the oven (preheated top and bottom to 220 °C/425 °F).
138 | Potato bread

suitable for freezing—sophisticated

Preparation time: about 30 minutes, excluding rising and cooking time
Baking time: about 40 minutes

For the baking sheet:
baking parchment

For the yeast dough:
300 g/10 oz floury potatoes
salt
600 g/1 1/4 lb strong white flour
1 packet (42 g) fresh yeast
1 level teaspoon sugar
175 ml/6 fl oz (2 3/4 cup) warm water
1 medium egg
1–2 tablespoons olive oil
2 level teaspoons salt

For coating:
some water

In all:
P: 78 g, F: 30 g, C: 474 g, kJ: 10492, kcal: 2504

1. Wash the potatoes and boil in salted water for about 30 minutes until cooked.

2. To make the dough, sift the flour in a mixing bowl and make a well in the middle. Crumble the yeast into it and add the sugar and warm water. Using a fork, work in a little of the flour round the well and carefully mix with the three ingredients, then leave to rise at room temperature for about 15 minutes. Drain the potatoes, peel and push through a potato press.

3. Add the warm potatoes and other ingredients to the dough and stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting for about 5 minutes to make a smooth dough. Cover the dough and put in a warm place until it has visibly increased in volume. Line the baking sheet with baking parchment.

4. Preheat the oven at the top and bottom. Dust the dough lightly with flour, take out of the mixing bowl and knead briefly on the work surface. Shape the dough into a round loaf, put on the prepared baking sheet and put in a warm place until it has visibly increased in volume again.

5. Make several decorative cuts 1 cm/3/8 in deep in the top of the loaf using a sharp knife (without pressing down), brush with water and put the baking sheet in the oven.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (not preheated), Gas mark 6 (not preheated),
Baking time: about 40 minutes.

6. Brush the bread with water occasionally while baking to ensure a beautiful crust. Put the bread on a rack to cool.
Wholemeal spelt bread

Easy—suitable for freezing

Preparation time: about 30 minutes, excluding rising time
Baking time: about 45 minutes

For the baking sheet:
baking parchment

For the yeast dough:
425 g/15 oz wholemeal spelt flour
1 packet fast action dried yeast
1 level teaspoon brown or Demerara sugar
2 level teaspoons salt
2 tablespoons cooking oil, e.g. sunflower oil
250 ml/8 fl oz (1 cup) warm water

For coating:
some water

In all:
P: 49 g, F: 42 g, C: 276 g, kJ: 7062, kcal: 1669

1. To make the dough, put the spelt flour in a mixing bowl, add the dried yeast and mix carefully. Add the other ingredients for the dough and stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting for about 5 minutes to make a smooth dough. Cover and put in a warm place to rise until it has visibly increased in volume.

2. Meanwhile, preheat the oven at the top and bottom. Line the baking sheet with baking parchment.

3. Dust the dough lightly with flour, take out of the mixing bowl and knead briefly on the work surface. Shape the dough into a round loaf, put on the prepared baking sheet and put in a warm place until it has visibly increased in volume again.

4. Make several diagonal cuts 1 cm/3⁄8 in deep in the top of the loaf using a sharp knife (without pressing down), brush with water and put the baking sheet in the oven.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (not preheated), Gas mark 6 (not preheated),
Baking time: about 45 minutes.

5. Brush the bread with water occasionally while baking to ensure a beautiful crust. Put the bread on a rack to cool down.

Tip: Knead 2 tablespoons of herbes de Provence into the dough.
Rye bread with pumpkin seeds

Suitable for freezing

Preparation time: about 30 minutes, excluding rising time
Baking time: about 40 minutes

For the baking sheet:
baking parchment

For the yeast dough:
250 g/9 oz coarsely ground wholemeal rye flour
250 g/9 oz (2 1/2 cups) plain (all-purpose) white flour
1 packet fast action dried yeast
1 level teaspoon sugar
1 level teaspoon salt
375 ml/12 fl oz (1 1/2 cups) warm water
150 g/5 oz pumpkin seed

In all:
P: 90 g, F: 75 g, C: 352 g, kJ: 10300, kcal: 2459

1. To make the dough, put the wholemeal rye flour and wheat flour in a mixing bowl, add the dried yeast and mix carefully. Add the other ingredients for the dough (except for the pumpkin seeds) and stir with a hand mixer with kneading hook, first briefly at the lowest setting, then at the highest setting for 5 minutes to make a smooth dough. Incorporate the pumpkin seeds right at the end. Cover the dough and put in a warm place until it has visibly increased in volume. Line the baking sheet with baking parchment.

2. Preheat the oven at the top and bottom. Dust the dough lightly with flour, remove from the bowl and knead briefly on the work surface. Shape the dough into 1 or 2 oval loaves, place on the baking sheet and again leave in a warm place until it has visibly increased in volume. Brush the dough with water and dust with flour.

Top/bottom heat: about 200 °C/400 °F (preheated),
Fan oven: about 180 °C/350 °F (not preheated), Gas mark 6 (not preheated),
Baking time: about 40 minutes.

3. Put the bread on a rack to cool down.

Tip: Instead of pumpkin seeds you can also use sunflower seeds.
Glossary and information

Baking ingredients

In baking, it is vitally important that all the ingredients used are very fresh and in perfect condition. Ingredients that have been stored a long time and are of inferior quality can completely ruin the results.

Almonds
The fruit of the almond tree. They are available blanched (peeled) or unpeeled, whole, chopped, flaked (slivered) or ground.

Aniseed
Highly aromatic seeds with a sweet aroma. When ground, the aroma evaporates very quickly. Buy only in small amounts and just before you are about to use it.

Arrowroot glaze
Starch made from the roots of tropical plants, used to make a glaze. To make arrowroot glaze, take 250 ml/8 fl oz (1 cup) water or fruit juice. Blend 2 teaspoons arrowroot with a little of the liquid, then stir in the rest of the liquid. Bring to the boil and simmer for \(\frac{1}{2} - 1\) minute until it is clear. When it has cooled down a little, pour it over the fruit using a tablespoon. Leave the glaze to set before serving.

Baking powder
A raising agent consisting of bicarbonate of soda and cream of tartar mixed with a starch. During the baking process it produces carbonic acid in the dough which expands, thus lightening and raising the dough.

Candied lemon peel
In shops, it is usually sold diced or as the skin of half a lemon. It is used in baking and as a garnish.

Candied orange peel
The candied peel of the Seville orange. It is usually sold in the form small dice but also as a half orange skin. Used in pastry and as decoration.

Cardamom
Dried capsule of the cardamom plant. Available whole or ground, with a slightly burning, spicy taste. Used particularly in Christmas pastries.

Chocolate
Chocolate comes as white or dark chocolate, plain or milk chocolate. It is used to make toppings or as an addition to pastry, fillings or custard, and also as decoration.

Cinnamon
The dried bark of the cinnamon tree, sold ground or in quills. In baking, the mild Ceylon cinnamon is preferable to the very spicy cassia from China.

Cloves
The flower buds of the clove tree. Available dried, whole or ground. Intense aroma with a powerful, slightly sharp burning taste. Use very sparingly.

Coconut, desiccated
The finely grated flesh of the coconut. It does not keep long because it soon goes rancid.
Coriander
Yellowish-brownish, round, ribbed, dried seeds of the coriander plant with a sweetish, aromatic fragrance, used whole, crushed or ground. Very popular in pastry such as spice cake, nut biscuits, gingerbread and also bread.

Cornflour (cornstarch)
A thickening agent made from maize, wheat or potato, used to make custard, sauce or cream-fillings. It is also mixed with plain (all-purpose) flour in dough preparations.

Cream
Keep whipping cream in the refrigerator before and after whipping it. Cakes and other dishes in which cream has been used should also be kept in the refrigerator.

Currants
Sulphur-free, dried, reddish to violet-black seedless grapes. Their taste and aroma are more intense than that of raisins.

Eggs
Egg are a crucial ingredient when baking. They are classed into 4 categories according to their weight: Standard: under 53 g Medium: 53 to under 63 g Large: 63 to under 73 g Extra large: 73 g and over In this book, medium size eggs are used in the baking recipes.

Gelatine
Gelling agent used to make custard, cream or jelly fillings. It comes in the form of powder or as transparent sheets (see Gelatine guide).

Ginger
The aromatic rhizome of the ginger plant. It is used fresh, ground, dried, preserved in syrup or candied. Sweetish, very spicy, slightly burning taste.

Hazelnuts
The kernels are used in baking; either whole, chopped, flaked or ground.

Honey
$\frac{1}{2}$ oz honey = 80 g/2 1/2 oz (3/8 cup) sugar. However, sugar cannot be entirely replaced by honey.

Lemons
Both the juice and peel of this citrus fruit are used in baking. If the grated zest is going to be used, it is important to choose untreated fruit and wash it in hot water.

Marzipan
A paste made predominantly from almonds and sugar which can be bought ready-made. Used in fillings, pastry, confectionery or as decoration.

Nougat
Firm, creamy sweetmeat made of nuts, almonds, sugar and cocoa. Hazelnut nougat is dark in colour while almond nougat is light. When melted or softened it can be added to cakes and fillings or used as decoration. Firm, it is used as a filling in pralines.

Nutmeg
Nutmeg, the fruit of the evergreen nutmeg tree, has an intense, spicy taste. The nutmeg tree also produces mace which is the dried seed case of the nutmeg. It is red-coloured and has a mild, delicate aroma. Both spices are available whole or ground.

Peanuts
Peeled seed of the peanut plant. Use like walnuts and almonds.

Pistachio nuts
The fruit of the pistachio nut tree is bright green in colour. It is used with or without the skin, salted or unsalted,
whole or chopped. Pistachio nuts are used in fillings, pastry and as decoration.

**Poppy seed**
Blue-black seeds of the poppy, rich in oil. Used in fillings or in pastry. Poppy seed is used whole, ground and also as a ready-to-use poppy seed filling. Ground poppy seed absorbs more moisture. To make a ready-to-use filling:

- **Ingredients:**
  - 125 g/4 1/2 poppy seeds
  - 75 ml/3 fl oz (3/8 cup) boiling water
  - 1 medium egg
  - 4 teaspoons honey
  - 25 g/1 oz (2 tablespoons) butter

  Pour the boiling water over the poppy seeds and leave to swell. Stir in the remaining ingredients and leave to swell again. Then use according to the recipe.

**Praline**
Crispy pieces made from melted, caramelised sugar and at least 20% almonds and/or other nuts.

**Pumpkin seeds**
The seeds of the pumpkin which are particular rich in oil are used with or without the skin, plain, roasted or salted. They are a popular addition to bread and rolls.

**Saffron**
The dried pistil of a variety of crocus. A powerful dye, it has a very intense, slightly bitter taste and should be used very sparingly. Saffron can be bought ground in sachets of 0.2 g or as filaments.

**Sesame seeds**
The seeds of the tropical sesame plant, used in baking, vegetables and salads.

**Sunflower seeds**
The seeds of the sunflower plant which are very rich in oil are often used in bread and rolls. They are used with or without the skin, plain, roasted or salted.

**Sugar**
There are several kinds of sugar that are available in various forms:

- **White sugar** – the most commonly used fine-grained form of sugar (refined sugar).
- **Caster sugar** is finer than granulated.
- **Sugar nibs** – coarse white sugar used to sprinkle over pastry.
- **Icing (confectioners’) sugar** – very finely ground white sugar.
- **Candy sugar** – brown, finegrained sugar made from sugar syrup, used in gingerbread and honey cake.
- **Cane sugar** – brown, finegrained sugar made from sugar cane. It is available as soft dark brown sugar or Demerara, which is lighter in colour and crystalline.
- **Coffee sugar** – coarsely pounded brown candy sugar with a very aromatic flavour which is much used in honey cakes, gingerbread and nut cakes.
- **Sugar beet syrup** – The thick, dark juice from sugar beets, it is used in Christmas pastries such as gingerbread.

**Sultanas**
These white or black seedless grapes are air-dried in the country where they are grown. They are available with or without sulphur and are used in pastry, fillings and as decoration.
Vanilla pods
The fermented capsular fruit or pod of a climbing orchid. Both the pulp inside the fruit and pod itself can be used whole, diced or ground in cooking.

Vanilla sugar
Vanilla sugar is a mixture of sugar and vanilla sold in sachets. Alternatively make it by putting 3 drops vanilla essence in 1 tablespoon sugar.

Vanilla sugar, Bourbon
Real vanilla sugar consists of sugar and at least 5% real vanilla. It is recognizable by the black spots of vanilla. If not obtainable, use 6 drops vanilla essence in 1 tablespoon sugar.

Wafer
Paper-thin pastry (round or square); used as a support for pastries, such as macaroons or gingerbread; made from flour or starch without any raising agent. Similar to rice paper.

Walnuts
The fruit of the walnut tree. They can be bought in their shell, shelled (whole, chopped or ground), loose or in bags. Because of their high oil content, walnuts will not keep for a long time. They should be stored in cool, dry and wellventilated conditions, away from aromatic foods.

Yeast
Biological raising agent used to make the dough rise. Yeast is normally available in shops as dried yeast or less commonly as fresh yeast. Unlike fresh yeast, dried yeast will keep from several months to a year. There are two kinds of dried yeast, traditional granules and powdered fast action yeast. 1 packet of fast action dried yeast or $\frac{1}{2}$ packet of fresh yeast will be enough for 500 g/18 oz flour.

Flour

Plain (all-purpose) white flour
This fine, white flour is the general purpose flour is by far the most commonly used and it is suitable for all kinds of cooking. It is particularly suitable for baking.

Strong white flour
This type of flour has a higher gluten content and is excellent for making bread and rolls (all yeast dough in general). It consists of about 75% of the whole wheat grain, most of the bran and wheatgerm having been removed.

Soft white flour
This is very finely milled and rises well, making very light pastry, scones, biscuits and cakes.

Brown flour
This contains about 85% of the original wheat grain and is used to make brown bread.

Wholemeal
This type of flour is made from the whole wheat grain (100% extraction), which is ground with the germ and the bran. It is the high percentage of bran which gives wholemeal flour its rich taste.

Semolina
This type of flour is very fine grained without bran and consists of ground soft wheat. It is used for making semolina pudding.

Durum wheat semolina flour
This is grainy, hard with a hearty taste and is made exclusively from high-quality, gold-yellow Durum wheat. Hard wheat semolina is particularly suited for making soufflés, dumplings and dough balls for adding to soups.
Rye flour
This has a strong flavour but contains less gluten than wheat flours and is normally used in combination with wheat flour, which helps it rise. It is particularly rich in valuable minerals and its strong taste makes it an ideal flour for bread (wheat and rye bread and rye rolls). Medium rye flour is the most widely available; light and dark rye flours may also be found.

Spelt flour
"primeval wheat" and has a more distinctive taste than normal wheat flour, but it has almost the same baking properties.

Maize or buckwheat flour
These are less suitable for baking and therefore cannot be substituted 1:1 for wheat flour.

Fats
The fats most commonly used in baking are margarine, butter and occasionally vegetable oil. With the exception of sponge mixtures which derive their fat from the eggs in the mixture, there is no dough that can be made without the addition of fat. Fat plays a vital part in the consistency of the dough, making it moist and light while enhancing the flavour. Most recipes in this book give a choice between butter and margarine. However, the fat recommended as the most suitable is mentioned first in the list of ingredients. It is also possible to use a mixture of butter and margarine.

Margarine
Vegetable margarines contain exclusively vegetable fats. The different consistencies of individual margarines is related to their fatty composition. The spreading consistency of soft margarine is maintained even when refrigerated so that it can be used in baking directly from the refrigerator. It is easy to soften and to incorporate with the other ingredients. After baking, the dough will be fine-pored with an even consistency. Diet margarines and fat-reduced margarines are rarely suitable for baking because they contain too much water. Those that are suitable for baking are labelled as such on the wrapping.

Butter
Butter consists mainly of at least 82% milk fat and a maximum of 16% water. Butter keeps less long than margarine and should always be kept in cool conditions. It becomes very hard in the refrigerator so it should be taken out well in advance so that it has time to reach room temperature. It can then be stirred more easily until it is soft.

Cooking oil
Cooking oil is used in the preparation of a curd cheese oil mixture and sometimes even also in yeast dough. In order not to affect the taste, it is best to use cooking oils with a neutral flavour, such as sunflower oil and corn oil. Cooking oil is also used to make chocolate coatings softer.

White fats
These consist of 100% pure vegetable fat, in other words they contain no water at all – exactly like cooking oil. One of the advantages of these fats is their great heat stability. White fats have a high smoking level, and are therefore particularly suitable for frying because this method of cooking requires high temperatures to brown the food and to cause a crisp crust to develop. White coconut fat that is neutral in taste is particularly good for making cake icing.

Hand mixers and blenders
Hand mixer
The motor part of the hand mixer is designed differently from a conventional food mixer. There are more settings and it rotates faster than a food mixer, which is why cream can be whipped quicker with a hand mixer. But, the motor is less powerful than that of a food mixer, a fact which is evident when processing heavy bread dough. It is
therefore advisable to let the mixer rest between each batch of dough to prevent the motor from overheating. It is also important to follow the manufacturer’s instructions.

A hand mixer comes with two whisks, two kneading hooks and sometimes a chopper. The mixer may be supplied with a stand which enables the mixer to operate independently so that both hands can remain free. But for a satisfactory result, the bowl should also rotate.

Food mixer
Modern food mixers are easy to handle, versatile in use and very safe to operate. They stand firm on the work surface, leaving both hands free. Mixing dough, whipping cream and kneading heavy dough become effortless. But it must be remembered that dough can easily be stirred too much because food processors are much more powerful than hand mixers. It is therefore very important to follow the manufacturer’s instructions. These appliances save both effort and time. The motor of a food processor has two drives, a high speed drive for the beaters and a power drive for additional attachments. Universal food mixers are equipped with various accessories depending on the make. The basic equipment consists of a stirrer and a kneader, and often also a mixer. The single or double whisk is used to stir pastry and cake mixtures and to whip egg whites and cream, while the dough hook is used to knead medium-heavy to heavy dough. The capacity of the mixing bowl varies between 2–6 kg/4½–13 lb dough. The choice depends on the size of the household.

Many attachments are available for food mixers, such as a grain mill. Smaller mixers and food processors come in various forms and with different equipment. The results are good but only small amounts can be processed at a time.

Ovens and oven temperatures

Ovens with conventional heating
This kind of oven is heated at the top and bottom and is suitable for baking any kind of dough and pastry. However, if the cooking time is short it must be preheated to the temperature recommended in the recipe before putting the food in the oven.

Fan ovens
In this type of oven the air is heated and constantly circulated in the oven by a fan. With this type of oven it is possible to cook on several shelves at the same time. Fan ovens cook food at a lower temperature than conventional ovens (20–30 °C/70–85 °F lower). This type of oven does not need preheating when the baking time exceeds 30 minutes.

Combination oven
Modern ovens combine both types of heating. In other words, the user can choose between top and bottom heat, fan and grill.

Gas ovens
This type of oven heats up immediately. There are also combination gas, fan and grill ovens.

Baking temperature
Setting the right temperature is just as important as the accurate preparation of the various types of pastries. Baking times on the other hand may be longer or shorter depending on the type of appliance, so it is important to follow the manufacturers’ instructions and the benefits of experience. The pastry should be checked regularly towards the end of the baking time. Check that the pastry is cooked through before taking it out of the oven.

Height of oven shelf
Dough baked in moulds should always be put on a shelf and not on a baking sheet or on the bottom of the oven. High and medium-high moulds are usually placed on the lower shelf while shallow moulds are placed straight on a shelf in the middle of the oven. This includes flat cakes, small pastries, stollen, cream puffs and meringue pastries (small pastries are sometimes put even higher in the oven). The best advice is to follow the guidelines and instructions provided by the oven manufacturer. With gas ovens it is possible to put some types of pastries in the oven without preheating. This is particularly true of high and medium high moulds such as gugelhupf and fruit
cakes. It is generally recommended that all types of ovens should be preheated when the baking time is 30 minutes or less.

### Baking moulds, tins and appliances

**Tinplate baking tins and moulds**
In general, tinplate moulds and baking tins are particularly good so far as heat conduction is concerned. However, they are less good in electric ovens. Tinplate is not acid-resistant and it is therefore advisable to line springform tin rings with baking parchment when using them for fruit tarts and pies.

**Aluminium tins and moulds**
Aluminium is a corrosion-proof metal which has excellent heat conductivity. Aluminium tins and moulds are therefore equally suitable for all kinds of ovens.

**Black enamelled moulds**
These dark-coloured tins and moulds absorb a lot of heat which is then immediately transmitted to the dough. They are ideally suited for electric and fan ovens, but on the other hand, not for gas ovens.

**Non-stick moulds and tins**
Modern non-stick coatings of tinplate and steel moulds and tins has proved to be the best for ovens with top and bottom heat, and also for fan ovens. The pastries and cakes are easier to remove from the tins and moulds. Today, cast aluminium tins and moulds lined with a quartzenamel coating are particularly fashionable. They ensure an intense, even browning of the pastry, they are scratch resistant, completely resistant to fruit acid and have excellent non-stick properties. They are ideal for electric and fan ovens.

**Ceramic moulds**
These first absorb the heat as a tiled stove would, and only then do they transmit this heat to the pastry. Attractive ceramic moulds make it possible to create imaginative cakes and pastries. They can be used in all types of ovens.

**Earthenware moulds**
Earthenware moulds are among the oldest baking containers, but they are not recommended for sweet pastry. They are excellent for dough that is low in sugar, and especially bread dough.

**Glass moulds**
Like ceramic, glass absorbs heat slowly and only then transmits it very slowly to the dough. The resulting pastry does not get very brown but will be cooked thoroughly.

**Shapes of moulds and tins**
The traditional forms of baking tins and moulds are the gugelhupf mould (diameter 22 and 24 cm/8\(\frac{1}{2}\) and 9\(\frac{1}{2}\) in), rectangular tins (25 x 11 and 30 x 11 cm/10 x 4\(\frac{1}{2}\) and 12 x 4\(\frac{1}{2}\) in), pie dishes (diameter 26 and 30 cm/10 and 12 in) and the springform tin (diameter 26 and 28 cm/10 and 11 in). Springform tins are available with interchangeable flat bases, and also with a base with a central tubular hole in the middle to make ring cakes. An adjustable baking ring is particularly useful when making gateaux or fruit flans. Besides the classic shapes, there are other traditional shapes such as the savarin mould, quiche or flan dish, and cloverleaf, heart, rosette and star-shaped moulds. There are also other shapes such as that of rabbits, lambs, fir trees, other animals and letters of the alphabet which give traditional pastries an innovative, interesting appearance. Many of these shapes are also available in mini versions. Small pastries are best baked in tart tins or muffin moulds. Basic baking equipment should also include 1 or 2 baking sheets. Ovens usually come with 1 baking sheet which may be enamel, black steel or aluminium. Black steel and enamel baking sheets give the best results are worth buying separately. Roasting tins are baking sheets with higher sides. As a result, the dough or cake mixture will not run over the edge.
For taller cakes which may come in various sizes, adjustable baking frames are recommended.

Cleaning moulds and tins
Moulds and tins should be washed in hot water and a little washing-up liquid immediately after use or left to soak in warm water with washing-up liquid. Do not wash in the dishwasher because the non-stick coating would deteriorate with time.

Mixing bowls
of various sizes are also part of the basic baking equipment. For instance, a mixing bowl made from sturdy plastic with a rubber ring at the bottom to prevent it from sliding on the work surface is ideal for whipping cream or egg whites. If you do not own such a bowl, you can put a damp cloth under an ordinary china or plastic bowl to hold it steady.
Stainless nickel-chrome steel bowls have excellent heat conductivity so they are ideal for using in a bain-marie, for instance, when melting chocolate or bringing it up to the right temperature.

Scales
are extremely important for weighing ingredients accurately. They are available in digital and analogue versions. Scales with a bowl are very practical.

Timer
A timer is useful for accurately timing stirring, mixing and baking times.

Kitchen scissors
These are used for cutting dough and baking parchment.

Cake slice
A cake slice made of stainless steel or sturdy plastic is very useful for moving gateaux and fruit flan, or for lifting pastry bases that have been cut in half.

Mixing spoon
Preferably with a hole in the middle, this is useful for mixing together various ingredients.

Whisk
Used to beat egg whites or whisk custard, and to fold other ingredients into light, airy mixtures.

Pastry brush
Used to grease baking tins, or to brush pastry and apply glazes.

Rubber spatula
Used to transfer the dough or cake mixture from the mixing bowl into the baking tin or mould.

Dough scrapers
Made from flexible plastic, these are used to cut dough, to scrape off left-over dough stuck to the sides of the bowl and to clean work surfaces. They are also useful for smoothing cake mixtures, dough and custards and for decorating the sides of cakes.

Piping bag
This has several plain or starshaped nozzles in various sizes, used e.g. to decorate pastry or to pipe dough.

Pastry cutters
Besides the usual round, oval, square, plain and fluted pastry cutters, there are also animal and Christmas motifs as well as many others such as numbers for biscuits or Christmas pastries. The cutting edge must be even and smooth so that it cuts through the dough quickly and cleanly.

Rolling pin
Rolling pins are made of wood, marble, stainless steel, glass or plastic. They are used to roll out dough evenly and for crumbling solid ingredients (for instance praline).
Pastry roller
Invaluable for cutting cakes or pies into slices of equal size.

Pastry press
Used to make biscuits, e.g. Spritzegebäck.

Baking rack
A metal rack used for supporting cakes and pastries while they cool. If the pastry or cake is left to cool on a normal cake plate, the base will sweat and become moist. The rack must have little legs so that the air can circulate around the pastry.

Grater
Graters can be used for grating lemon zest and chocolate.

Sieve
Used to sift flour, cornflour (cornstarch), cocoa powder, baking powder and icing (confectioner’s) sugar, and for jam. The small flour sieve operated by a handle (e) is recommended when dealing with small quantities.

Fluted pastry cutter wheel
Used to cut out dough, which is given a serrated or wavy edge as a result.

Measuring jug
A measuring jug is used to measure liquids accurately. It is important that the measuring divisions can be read clearly.

Spatula
Made from metal, it is shaped like a broad but truncated knife. It is often used to lift the dough when it sticks to the work surface. It is also used to spread cream or custard on dough, gateaux and cakes with custard or cream or to turn out small pastries or cakes.

Garnishing and decorating

Icing
Add enough water, tea, liqueur or juice to sifted icing (confectioner’s) sugar to make a thick paste. The icing sugar can also be mixed with a little cocoa powder or instant coffee before mixing with the liquid. The icing can be coloured by adding of a few drops of food colouring.

Icing must be applied immediately after it has been made because it hardens very quickly. If you add hot liquid to icing, it will stick better and will remain very shiny after setting.

Sugared fruit
Pour a glaze consisting of sugar solution boiled down to a syrup over cooled fruit such as redcurrants, grapes or cherries to glaze gateaux and cakes.

To make this glaze, bring 2 parts of sugar and 1 part of water to the boil in a small pan, cook until the sugar has dissolved completely and leave to cool down a little. Coat the fruit with this glaze using a pastry brush, then dust with icing (confectioner’s) sugar or caster sugar.

Left-over whipped cream
Pipe left-over whipped cream into knob shapes, pre-freeze in the freezer compartment, then store in freezer bags and return to the freezer. This is an ideal way to ensure a ready supply of cake decorations.

Decorating and garnishing biscuits
Bake the biscuits and leave to cool. Prepare the icing and colour some of it with food colouring of your choice. Coat the biscuits with this icing and sprinkle them with chocolate flakes, chocolate drops, mocha beans or meringue stars.

Making and filling paper piping bags
Cut a rectangular piece of baking parchment (about 30 x 25 cm/12 x 10 in) diagonally. Hold the triangle so that the right-angled point faces upward towards the right and the longest point faces downward. Hold the longest point with your left hand and with your right hand turn the upper left point to make a pointed bag, placing it roughly on the rectangular point. Hold tight between your thumb and forefinger and wind the longest point round the bag with your left hand, pulling the point upward towards the other point. Fold the edges inward several times where the points meet so that the paper cannot not slip any more.

To fill the bag, hold it where the edges have been folded down and fill with icing or melted chocolate using a teaspoon. Only fill half the bag. Place the top edges against each other and fold down several times. Then cut off the point of the bag and decorate the pastry. Alternatively, you could also use a small freezer bag, fill with the icing, close the opening, snip off a small corner and decorate the pastry.

Decorating with marzipan
To prepare marzipan decorations, knead the marzipan with a little icing (confectioner’s) sugar: for instance, 20 g/1 oz (3 tablespoons) icing (confectioner’s) sugar for 100 g/3 1/2 oz marzipan. This will make the marzipan easier to work with and less sticky. Colour the marzipan with food colouring or cocoa powder and roll out between sheets of clingfilm or a freezer bag which has been cut open. This will prevent the marzipan from sticking to the work surface or the rolling pin. Cut out shapes such as hearts, stars, flowers etc.

Marzipan leaves and flowers
Knead 20 g/1 oz (3 tablespoons) icing (confectioner’s) sugar into the marzipan. For the flowers, colour half the prepared marzipan with red food colouring and shape into a cylinder about 1 cm/3/8 in thick. Cut the cylinder into pieces 1 cm/3/8 in long. To make a rose, make a cone 3 cm/1 1/4 in long. For the petals, knead the pieces of marzipan separately, shape into balls and roll out between two sheets of clingfilm to make small discs that become gradually thinner towards the edges. Arrange the marzipan petals round the cone so that the tip of the cone points upwards and sits slightly lower in the flower than the petals. Press the petals firmly against the base of the cone and bend the tips slightly outward. Use 5–6 petals for each rose. Leave the finished roses to dry at room temperature for about 30 minutes, then carefully cut off the bottom quarter (thick stem) with a sharp knife. For the leaves, colour some of the kneaded marzipan with green food colouring and shape into a cylinder about 1 cm/3/8 in thick. Cut the cylinder into pieces 1 cm/3/8 in long, flatten the pieces and cut out the leaves. Form the veins by making grooves with a knife and bend the leaves slightly so that they undulate a little. Leave the leaves to dry at room temperature for about 30 minutes, then arrange the leaves and the roses on the cake. Shape some uncoloured marzipan into stems if desired.

Garnishing and decorating with chocolate
When using chocolate it is important that it does not come into contact with water. Even a few drops of water may make the chocolate crumbly so that it can no longer be used as a garnish or decoration.

Temperature of the chocolate
Chocolate must be brought to room temperature before decorating the pastry or cake so that it can set again and be shiny afterwards. Melt two-thirds of the chocolate in a small pan in a bainmarie over low heat, stirring continuously. The chocolate should not be allowed to get too hot. Dip the point of a teaspoon in the melted chocolate in the pan and put it against your lower lip. If it feels cool it should heated a little more. If it is slightly warm it is the right temperature and it can be removed from the bainmarie. If the melted chocolate feels hot it must be taken out of the bain-marie immediately and left to cool down a little (but not refrigerated) until is only barely warm. Finely chop the remaining chocolate and stir slowly into the melted chocolate until it too has melted. To avoid air from forming, do not beat the chopped chocolate into the melted chocolate. Then heat the melted chocolate briefly in the bain-marie, stir gently and garnish, decorate or coat the cake or pastry with it.
Making chocolate whorls and shavings
Coarsely chop the chocolate, melt in a pan in a bain-marie over slow heat, pour onto a plate, spread smooth and leave until almost completely set (but do not refrigerate). Using a palette knife, held at the flattest possible angle to the plate, scrape lightly in repeated, regular movements to make beautiful chocolate whorls. The chocolate should not have set too much because the whorls would break and crumble.
To make shavings, use a potato peeler to peel shavings off a block of cooled chocolate.
Do not touch the chocolate whorls and shavings with your hands when moving them. Instead use a spatula or large knife to transfer them to where you want them.

Making chocolate zest
Finely chop the chocolate, melt in a pan in a bain-marie over low heat, pour onto a cool, smooth plate and spread thinly and smoothly. Let the chocolate set almost completely (do not refrigerate), then drag a zester over the chocolate, making small or larger curls.
Do not touch the pieces of chocolate zest with your hands but use a spatula or large knife to move them.

Cutting out chocolate motifs
Coarsely chop the chocolate and melt in a pan in a bain-marie over low heat while stirring. Pour the melted chocolate onto a piece of baking parchment, spread very thinly and smoothly and allow to set almost completely (but do not refrigerate). Using cutters of various shapes, cut out the motifs of your choice.
Using a knife transfer them carefully onto a piece of baking parchment. Then leave them until completely set. If the chocolate has become too hard, warm up the cutters to cut out the shapes. Do not touch the chocolate motifs with your hands but use a spatula or large knife to move them.

Chocolate fruit
Coarsely chop the chocolate and melt in a pan in a bain-marie over low heat while stirring. Dip the prepared, well drained fruit, for instance grapes, into the liquid chocolate and leave to dry on a rack with some kitchen paper underneath, or on baking parchment.

Chocolate coating
To cover cakes and pastries with chocolate coating, coarsely chop the chocolate and melt with cooking oil in a pan in a bain-marie over low heat, stirring continuously. Use about 1 teaspoon oil for each 100 g/31/2 oz chocolate. When using couverture chocolate, add about 25 g/1 oz coconut fat for each 100 g/31/2 oz of couverture chocolate.
You will find instructions on how to coat cakes in the chapter on sponge mixtures.

Piped chocolate coating
Coat a cake with 200 g/7 oz dark melted couverture chocolate (with 50 g/2 oz coconut fat) or chocolate with 2 teaspoons cooking oil. Fill a greaseproof paper piping bag with 25 g/1 oz white couverture or chocolate and pipe in a spiral onto the still moist chocolate coating (starting from the middle). Now pull a pointed wooden cocktail stick across the still moist chocolate coating eight times at regular intervals, starting from the middle and going towards the edge, or the other way round.

Baking tips

Peeling almonds
Almonds are usually peeled before using. To peel the almonds, put them first in boiling water and continue boiling briefly. Rinse the almonds in a sieve under cold water, squeeze the almonds out of their skins and leave to dry. Then chop or grind the almonds or grate them into flakes, depending on the recipe.

Peeling nut kernels
Place the nut kernels on a dry, clean baking sheet and heat in the oven preheated to 200 °C/400 °F until the brown skin can be rubbed off. Put the hot nuts in a clean tea-towel and rub off the skins in circular movements.

Roasting nut kernels and almonds
Brown the whole, chopped or grated almonds or nut kernels or desiccated coconut in a pan without fat while stirring continuously. This gives them a more intense aroma. Put the roasted nut kernels, desiccated coconut or almonds on a plate to cool and only use when they are cold. Sunflower, pumpkin and sesame seeds can be roasted in the same way. If the oven is still warm after baking, the nuts etc. can also be roasted in the oven on a baking sheet.

Crumbling sponge biscuits, rusks or praline
Put the sponge biscuits, rusks or praline in a freezer bag, seal carefully and crumble by rolling a rolling pin over them. The fine crumbs that result can then be sprinkled on cakes and pastries.

Checking whether pastry or a cake is cooked
The traditional way to check whether a cake or pastry mixture is cooked is the "stick" method. A wooden stick is inserted into the thickest part of the cake. If the stick is dry when it is pulled out and no cake mixture is sticking to it, it means that the cake is ready. <br />
Sponge cakes are ready when they no longer feel moist but soft to the touch and leave no mark on the surface where pressure has been applied. Biscuits are done when the surface is yellow to gold brown. With yeast and cheese-oil dough, baked on a baking sheet, the undersides should slightly browned and dry. To check this, lift the cake carefully with a wide palette knife.

Glazing pastry with apricot glaze
Rub the jam through a sieve and bring to the boil with a little water while stirring. The apricot glaze will help the icing stick better to the cake and keep it fresh. It will also prevent the icing from being absorbed into the pastry and saturating it.

Grating chocolate
Chocolate which is to be grated should first be hardened in the refrigerator. Cold chocolate is much easier to grate.

A few drops of lemon juice
If only a few drops of lemon juice are needed, prick the lemon with a fork and squeeze the juice out. The lemon can be stored in the fridge for further use. Bottled lemon juice may also be used.

Separating eggs
To separate the egg yolk from the egg white, crack open the egg on one side and break the shell. Then carefully slide the egg yolk from one shell half to the other while catching the egg white in a bowl underneath.

Whisking egg whites until stiff
To whisk egg white, it is very important that the bowl and whisk should be absolutely fatfree and that there is no trace of egg yolk in the egg white. Always whisk egg whites just before using them. If whisked egg white is allowed to stand after the sugar has been added, it loses some of its firmness and cannot be whisked stiff again. Whisk the egg white so stiff that it forms peaks.

Deep-frozen fruit in the dough
Deep-frozen berries and other fruit can be baked with the dough while still frozen, provided the fruit was frozen separately. To do this, put the fruit on a plate without touching it, freeze the fruit on the plate, then wrap it in a freezer bag and return to the freezer.

Filleting oranges
Using a sharp knife, cut off a disc at the top and bottom of the orange as far as the flesh. Put the orange on a chopping board and cut off the skin, including the white pith, going from top to bottom. Now place the orange with the round side on the chopping board or hold the orange in your hand and, using a sharp knife, carefully cut out the segments between the membranes one after the other.

Crumbled sponge
Sponge bases which have been stored for too long and have therefore become stale can be crumbled and used to sprinkle the inside of cake moulds.

Coating small pastries with icing
Using a fork, dip small pastries in the icing and leave to drain on a rack.
Butter cream
The ingredients used to make butter cream must all be the same temperature, in other words, room temperature. This means that the butter must not come straight from the fridge but should be taken out some time before being needed. The custard must have had time to cool down but should not have been refrigerated. In this way the butter will not curdle or become runny when it is stirred into the custard.

Home-made vanilla sugar
Do not throw away vanilla pods that have been scraped out; instead put them in a well sealed container of sugar for 1–2 weeks for the vanilla aroma to permeate the sugar. Shake the container occasionally.

Mishaps
..... and how to avoid them

When oil foams in the deepfryer...
If the oil is not hot enough, the oil may begin to foam when food is added. This may cause delicate pastry to fall apart. It is therefore important to check that the temperature of the oil is correct before adding the pastry. The right temperature is when bubbles form round the handle of a wooden spoon dipped into the oil.

When all the raisins sink to the bottom of the cake...
If the raisins have all sunk to the bottom instead of being distributed evenly throughout the cake, it means that the cake mixture was too soft. Make sure that the cake mixture falls "heavily" from the spoon. Sprinkle the raisins with flour before adding them to the mixture.

When a cake is soggy in patches...
Soggy patches almost always occur when too much milk has been added to the cake mixture. This is why it is important to add only enough milk to the cake mixture so that it falls "heavily" from the spoon. Add the milk little by little and do not add so much milk that the cake mixture becomes runny.

When there air holes in the cake...
Irregular air holes in a cake are the result of excessive mixing while or after the baking powder is added to the flour. Air holes can be avoided by adding the flour and baking powder in two batches and only mixing very briefly.

When shortcrust pastry is too soft...
If pastry with a high fat content becomes too soft while being kneaded, it should be wrapped in clingfilm and refrigerated for about 30 minutes. On the other hand, if it is too runny as a result of the eggs, milk or water, a little flour should be added.

When shortcrust pastry breaks...
When shortcrust pastry breaks while it is being prepared it is usually caused by insufficient liquid. The problem is quickly solved by pressing the dough together and making a well in the middle. Add a little milk or softened fat and incorporate into the dough with a fork. This will make the dough much easier to knead. The dough may also break as a result of repeated rolling out. In this case it is necessary to make a new batch of dough, otherwise the cake or pastry will taste like straw and be very crumbly.

When the gelatine goes lumpy...
If the gelatine solution becomes lumpy or stringy when added to the mixture, it means that the mixture is too cold. Depending on the recipe, it may still be possible to save the lumpy gelatine by heating it up again, stirring continuously without letting it boil until the gelatine lumps have completely dissolved.

When egg whites cannot be whisked stiffly...
If there is any trace of egg yolk in the egg white, it will be difficult or almost impossible to whisk the egg whites stiff. The easiest solution is to remove those traces of egg yolk with kitchen paper.

When the cake looks too brown on top…
When the cake looks brown on top but is not cooked inside, it means that either the temperature is set too high or that the cake should be placed on a lower shelf. Simply cover the cake with baking parchment and continue baking.

When the mixing-bowl slides about...
If there is no rubber ring on the bottom of the mixing-bowl, place a damp cloth under it while mixing the dough to prevent it from sliding about. Similarly, put a damp cloth under the baking sheet when rolling out the pastry on it.

When the Swiss roll breaks...
This is usually the result of the Swiss roll being cooked for too long. If the sponge is left in the oven longer than necessary, it will be very dry and will break when it is rolled up.

When the sponge swells in places...
To ensure a sponge with a smooth, even surface and the same thickness everywhere, it is important that the right ingredients are used. It is particularly important that a mixture of flour and cornflour (cornstarch) is used, or alternatively, a corresponding amount of vanilla-flavoured or cream-flavoured custard powder. The springform ring should not be greased because the sponge mixture would slide down the sides while being baked, resulting in the sponge being higher in the middle. Line a rack with greaseproof paper and turn the sponge out onto it to cool so that the “domed” surface becomes flattened.

When the sponge collapses...
When making sponge it is important to follow the mixing time given in the recipe. An over-mixed sponge mixture will often rise beautifully at first but then collapse again.

When the cake crumbles on being cut...
Do not push the knife downward when cutting the cake but move it in “sawing” movements. This will ensure that the cut surface remains smooth. A serrated knife is recommended.

When the butter-cream curdles...
Curdled butter-cream can be made smooth again by stirring in 50 g/2 oz of hot liquid coconut fat.

**Gelatine guide**

- Gelatine is available both in powder form and as translucent sheets. Sheet gelatine is easier to use in portions.
- The amount of gelatine required depends on the amount of mixture to be gelled. As a rule of thumb, 6 gelatine sheets or 1 packet of powdered gelatine will set 500 ml/18 fl oz (2 1/4 cups) of liquid sufficiently enough to turn out from a mould.
- It is best to dissolve the gelatine in a small pan in a bain-marie. Gelatine must not boil because it would lose its gelling properties.
- It is important that the temperature of the gelatine and of the mixture be the same because if warm gelatine is added to cold liquid, the gelatine will become lumpy.
- Whipped cream to which gelatine has been added can be used immediately.
- Do not use fresh pineapple, kiwis, mangoes, papaya or figs in combination with gelatine because it will not set. These fruits produce an enzyme that dissolves the gelatine.
- Always follow the manufacturer’s instructions when using gelatine.

**Soaking:**
Soak leaf gelatine in cold water for about 5 minutes. Dissolve a packet of powdered gelatine in 6 tablespoons cold water, juice or alcohol (depending on the recipe) in a small pan. Leave to swell for 10 minutes.

**Dissolving:**
Squeeze the swollen leaf gelatine into a small pan over low heat and dissolve. Dissolve the swollen powdered gelatine over low heat while stirring.

**Setting cold liquids, for instance jelly:**
Stir some of the liquid or custard to be set into the lukewarm gelatine solution and stir until smooth (the temperature
of both must be the same). Then whisk this mixture into the rest of the liquid or custard.

Adding gelatine to whipped cream, for instance, for filling cakes:
Whip the cream in a cold bowl.
First add 4 tablespoons of cream, whipped until almost stiff, to the dissolved gelatine (the temperature of both should be the same), then stir this mixture into the rest of the cream and whip the cream completely stiff.
Alternatively, stir the lukewarm gelatine solution all at once into the nearly stiff whipped cream and whip until completely stiff.

Setting:
Put the finished dish in the fridge for several hours. If left in a cool place (for instance, in a cellar) it will take longer to set.

**Cookery terms**

**Crisping up**
Baking cakes, bread and pastry again which have lost some of their freshness as a result of freezing or being stored too long. Pastry and cakes decorated with a glaze cannot be crisped up.

**Decorating, piping**
To give food a pleasing appearance. In baking, this also means piping custard and other pastries into particular shapes using a piping bag.

**Double-cooking**
The two-stage cooking of choux pastry. The paste is first cooked in the pan (it detaches itself from the sides of the pan when ready), then in the oven.

**Dusting**
Dusting cakes and pastries with icing (confectioners') sugar or cocoa using a sieve.

**Folding in**
The gentle mixing of a mass such as whipped cream, beaten egg white, almonds or raisins into another mass or dough, using a dough scraper, wooden spoon or whisk.

**Mixing**
The slow, careful stirring in and mixing together of a fine substance such as flour with a liquid to make a dough, using a rubber spatula, wooden spoon or whisk.

**Soaking**
To soak a pastry base or cake with a liquid such as fruit juice, sugar solution or liqueur, or putting them in the liquid to soak.

**Sourdough**
The oldest form of dough rising is sourdough fermentation. This is suitable for making brown and sticky types of bread. The rising of the dough is caused by alcoholic fermentation, which converts the carbohydrates in the flour into alcohol and carbon dioxide gas. In addition, through lactic acid fermentation the carbohydrates of the flour are transformed into lactic acid. Lastly it gives the bread the desired slightly sour taste. Sourdough can be bought ready-made as an extract or prepared by the baker.

15 g/1½ oz sourdough extract corresponds to about 150 g/5 oz of fresh natural sourdough and is sufficient to make a loaf of 1.3–1.5 kg/3–3⅓ lb. It can also be made in three stages. For this you will need: 400 g/14 oz (4 cups) rye flour and 400 ml/14 fl oz (2 cups) water.

1st stage
100 g/3½ oz (1 cup) rye flour 100 ml/3½ oz (⅛ cup) lukewarm water
Mix the flour together with the lukewarm water (40 °C/100 °F) in a bowl, cover with a cloth, then put in a plastic bag. Leave to rise for about 24 hours in a warm place at a temperature of about 20 °C/70 °F.

2nd stage
100 g/3½ oz (1 cup) rye flour 100 ml/3½ oz (½ cup) lukewarm water
Stir both ingredients into the sourdough preparation, cover and leave again to rise for 24 hours in a warm place.

3rd stage
200 g/7 oz (2 cups) rye flour 200 ml/7 fl oz (1 cup) lukewarm water
Carefully mix together the flour and water, add to the sourdough preparation, mix thoroughly, cover and leave again to rise for 24 hours. Any remaining sourdough can be frozen or mixed with enough flour to make a crumbly dough. This "crumbly sourdough" can be kept in the refrigerator for about 1 month. To use again, it should be mixed with sufficient water until it has the same consistency as the original sourdough.

**American standard measurements**

Americans commonly use cups to measure solids, rather than weighing them. A cup holds 8 fluid ounces of liquid but the weight of 1 cup of solid ingredients varies according from one ingredient to another.

Foods that weigh about 8 ounces (225 g) per cup include sugar, butter, rice and other whole grains and beans. Foods that weigh about 4 ounces (115 g) per cup include flours of all grades, mushrooms and ground almonds.

Note that an American pint hat 16 fluid ounces, compared with the Imperial pint that has 20 fluid ounces.

**Abbreviations**

- g = gram
- kg = kilogram
- l = litre
- lb = pound
- ml = millilitre
- oz = ounce
- cm = centimetre
- in = inch

- p = protein
- F = fat
- C = carbohydrate
- kJ = kilojoule
- kcal = kilocalorie

**Some cookery expressions that differ in British an U.S. terminology**

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<td>spring onion</td>
<td>scallion</td>
</tr>
<tr>
<td>stalk</td>
<td>stem</td>
</tr>
<tr>
<td>stock</td>
<td>broth</td>
</tr>
<tr>
<td>stone</td>
<td>pit</td>
</tr>
<tr>
<td>Swiss roll tin</td>
<td>jelly roll pan</td>
</tr>
<tr>
<td>whip or whisk, to</td>
<td>beat</td>
</tr>
<tr>
<td>wholemeal</td>
<td>wholewheat</td>
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A

Advent calendar
Almond and cherry cake
Almond biscuits, Fine
Almond bows
Almond fritters
Amerikaner
Angels’ eyes
Apple cake, Fancy
Apple cake, Quick
Apple crumble cake
Apple or crumble cake
Apple turnover

B

Bacon rolls
Banana turnovers
Basic all-in-one cake mixture recipe
Basic cake mixture recipe (rectangular cake)
Basic cake mixture recipe (round cake)
Basic cheese and oil cake mixture recipe
Basic choux pastry recipe
Basic meringue confectionery recipe
Basic puff pastry recipe
Basic shortcrust recipe for tartlets or biscuits
Basic sponge mixture recipe
Basic yeast dough recipe
Baumkuchen (Layered cake)
Bergische Waffeln (Bergisch waffles)
Berliner (Doughnuts)
Berliner Bobbes (typical Berlin speciality)
Bethmännchen
Bienenstich
Biscuits
Black and white biscuits
Black Forest cherry gâteau (Schwarzwälder Kirschtorte)
Bread, White
Bun, Plaited
Butter cake with a nutty topping
Butter cake
Butter cream torte
Buttermilk cake
Buttermilk slices with cherries

C

Cheese and apple with crumble
Cheese choux pastry rolls
Cheese pastry
Cheese strudel
Cheese whorls
Cheesecake with crumble
Cheesecake, traditional
Cheer cake
Cheer cakes
Cheer crumble cake
Chocolate and cream torte (Schokoladen-Sahne-Torte)
Chocolate nut cake
Choux pastry rolls
Christmas almond splinters
Christmas fruit cake
Christstollen (Christmas stollen)
Cinnamon stars
Coconut macaroons
Coffee slices (Rolled slices)
Covered apple pie
Cranberry and egg liqueur cake (Preiselbeer-Eierlikör-Torte)
Cream horns (Schillerlocken)
Cream puffs
Crème fraîche waffles
Crispy cushion pastries
Crumble or apple cake
Curd cheese pastries
Curd cheese stollen
cushion pastries, Crispy
Custard snails

D
Donauwellen („Danube waves“)
Doughnuts (Berliner)
Dutch cherry tart (Holländische Kirschtorte)

E
Eberswald fritters
Egg liqueur cake
Egg liqueur waffles
good pastry, Fried
Eierschecke (typical Saxon cake)
Eiserkuchen
Elisenlebkuchen
Engadiner Nusstorte (Engadine walnut pie)
English butter biscuits
Erdbeer-Sahne-Torte (Strawberry and cream torte)
Erdbeer-Sekt-Torte (Strawberry and sparkling wine torte)

F
Fancy apple cake
Feiner Gugelhupf
Fine almond biscuits
Fladenbrot (unleavened bread)
Flockentorte
Florentine biscuits
Frankfurter Kranz
Fried egg pastry
Friesische Streuseltorte (Friesian crumble torte)
Fruit cake
Fruit pizza
Fruit tart

G
Ginger biscuits
Gingerbread house
Grillstangen
Gugelhupf, feiner

H
Hazelnut and strawberry slices
Heidesand
Herb rolls
Himmelstorte („Heaven’s torte“)
Holländische Kirschtorte (Dutch cherry tart)
Honey cake

K
Kalter Hund („Cold dog“)
Kolatschen (Czech speciality)

L
Layered cake (Baumkuchen)
Leipziger Lerchen (typical Saxon speciality)
Lemon biscuits
Lemon cake
Lemon, cheese and cream torte
Linzer slices
Linzer Torte
Lüneburger Buchweizentorte (Lüneburger buckwheat fancy cake)

M
Mandarin and Schmand cake
Mandarin orange and cheese slices
Marble cake
Maulwurfertorte („Mole cake“)
Meringue fruit tartlets
Mocha and egg liqueur ice cream torte
Mohnstriezel
muffins, Multicoloured
Muffins with chocolate chips
Mulled wine cake
Mulled wine muffins with prunes
Mulled wine muffins
Multicoloured muffins
Nut biscuits
Nut cake
Nut triangles
Nutty plaited loaf

Onion pie
Onion, bacon or herb rolls
Orange biscuits
Orange cake

Peach slices
Pig’s ears
Plaited bun
plaited loaf, Nutty
plum cake, Quick
Plum purée cake
poppy seed and sesame seed croissants, Sweet
Poppy seed cheesecake
Potato bread
Preiselbeer-Eierlikör-Torte (Cranberry and egg liqueur cake)
Prinzregententorte
Puff pastry turnovers

Quick apple cake
Quick plum cake

Raisin plaited bun
Raspberry and yogurt cake
Redcurrant meringue tart
Red wine cake
Rheinische Muzen (Rhenish fritters)
Rolled slices (Coffee slices)
Rolls with sunflower seeds
Rum and apple doughnuts
Russischer Zupfkuchen
Rye bread with pumpkin seeds

Sachertorte
Savoy cabbage pie
Schillerlocken (Cream horns)
Schlesische Mohntorte (Silesian poppy tart)
Schokoladen-Sahne-Torte (Chocolate and cream torte)
Schwarzwälder Kirschtorte (Black Forest cherry gateau)
Silesian poppy tart (Schlesische Mohn torte)
Spritzgebäck (biscuits)
Stollen, Christmas (Christstollen)
Strawberry and cream torte (Erdbeer-Sahne-Torte)
Strawberry and sparkling wine torte (Erdbeer-Sekt-Torte)
Streuselkuchen aus Thüringen (Thuringian crumb cake)
Strudel pasties
Stutenkerle oder Martinsgänse (yeast pastry figures)
Sweet poppy seed and sesame seed croissants
Swiss roll
Swiss roll with lemon and cream

T
Terrace biscuits
Thuringian crumb cake (Streuselkuchen aus Thüringen)
Traditional cheesecake

U
Unleavened bread (Fladenbrot)

V
Vanilla crescents
Viennese apple strudel (Wiener Apfelstrudel)

W
Waffles with whipped cream (Hardwaffles)
White bread
Wholemeal spelt bread
Wiener Apfelstrudel (Viennese apple strudel)
Wine biscuits

Y
Yeast pastry figures (Stutenkerle oder Martinsgänse)

Z
Zuger Kirschtorte (Zuger cherry cake)